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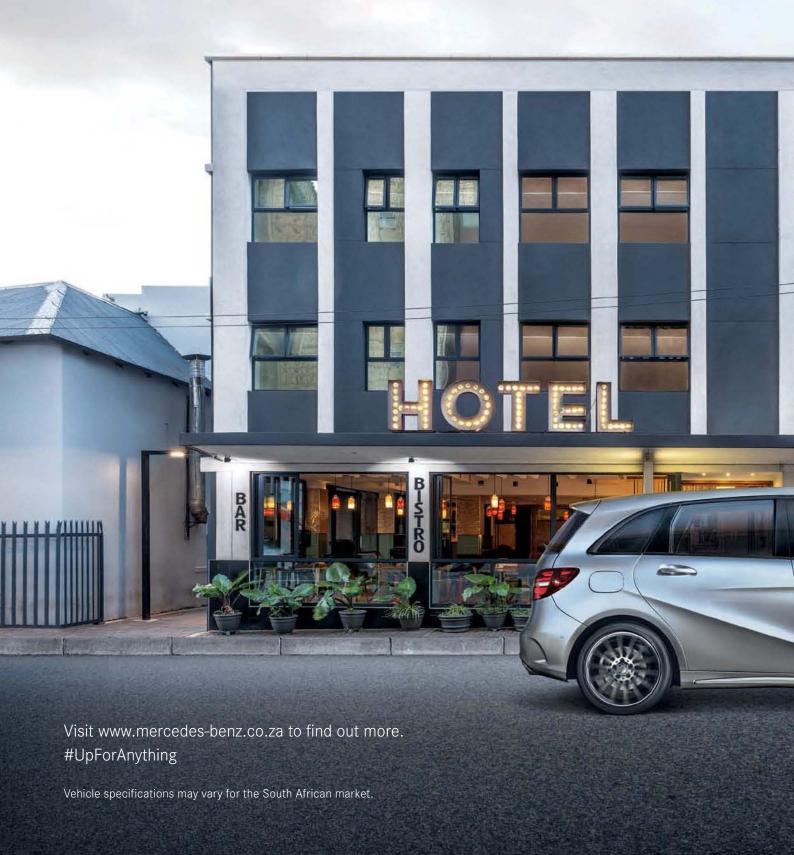
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shares his secret to success





COMPETITION AND GIVEAWAY RULES

1. The judges' decision is final and no correspondence will be entered into. 2. The prizes are not transferable and may not be converted into cash. 3. You may send in as many entries as you wish. 4. If possible, please supply a residential rather than a PO Box address, as entries sent by registered post will not be collected. 5. Staff members of Media24 (Ltd), as well as their advertising agencies and immediate family members, may not enter. 6. Winners indemnify and hold TRUE LOVE Media24 (Ltd) harmless against any liability, claim, damage or loss resulting from participation and winning of prizes. 7. By entering you agree to receive further communication and direct marketing material from Media24 (Ltd). 8. Letter of the month chosen at editor's discretion, and the winner will be notified telephonically. 9. Winners are drawn randomly by computer. 10. Prizes may differ from picture. 11. Allow for six to eight weeks for delivery. 12. SMSes cost R1,50 and free SMSes do not apply.





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HELLO FRIENDS

As a mother of an eight-year-old girl, I was touched by the in-depth article about child brides (page 114) and couldn't imagine my daughter being married off to some old man at her tender age. It's my responsibility to protect her no matter what. The other day, I was reminded of her innocence when I mentioned she can't watch a movie with me because of its age restriction. The film was going to expose her to obscene and violent scenes. So you can imagine how I felt when putting together the article about girls probably her age who are married off young and exposed to domestic violence and multiple rapes. Statistics show that more than 700 million women alive today were married as children. More than one in three (approximately 250 million) were married before their 15th birthdays. Girls who marry before they turn 18 are less likely to remain in school and more likely to experience domestic violence. Luckily the joys of being a South African are that we live in a country where human rights are acknowledged and children are protected. The problem of young brides will not stop until we put our children first and respect their rights as well as honour our responsibilities as parents to love and care for our little ones.

We also feature a one-on-one interview with Human Rights Commissioner, Lindiwe Mokate who speaks about her passion for education and children's rights. One of the main things she mentions is how South Africans have become more aware of their human rights since democracy. The stories were commissioned to commemorate Human Rights Day. On a lighter note, did you know that being a diva could take you far? It's a surprise because at the mere mention of the word diva, people instantly think of a demanding person who throws tantrums, bosses people around, wants things done her way and will not settle for less. How many times have you heard of a musician or an entertainer who'll not go on stage if she doesn't have her favourite bottled water, 300 red roses in her dressing room, imported champagne or Egyptian cotton towels to wipe her sweat? Well, the late Whitney Houston, Mariah Carey and Jennifer Lopez are some of the stars that are popular for pulling these stunts and, by the looks of it, seem to have mastered the diva code. But can it work for you? Turn to page 62 to see how hard work, being true to who you are and clear of what you want to achieve can make you a success. Here's to another great issue. 'Till next time, enjoy the read.

Dudu



IN LOVE WITH TRUE LOVE

I lost my son on 21 February 2014, when he was only five days old. I was depressed and admitted to a psych hospital. I went back home and became suicidal. In September 2014 I bought TRUE LOVE when I saw my favourite celeb, Dineo Ranaka, on the cover. Her story encouraged and helped me realise I will rise above the challenges someday. I gained weight due to depression and found comfort in food, but your health and fitness features are helping me get my body back through exercise and healthy eating. The December issue stands out for me as the article on page 52, "Heroines for Hope", touched me deeply. I was diagnosed with HIV in 2002 and I kept it to myself. I only disclosed to my family and close friends in 2008. I started treatment in 2011 and have vowed to help those imprisoned by this disease to know that there is hope. I'll be attending your #INSPIRED event at the Maslow Hotel to get a fresh perspective on life.

Thank you TRUE LOVE,

Dikeledi Tsuela

TLADDICT

TRUE LOVE has always been my cup of tea. I learned a lot about myself through your inspirational articles in 2014. This year I'm working on accepting that change is for the better, even if it's painful and uncomfortable sometimes. I'm looking forward to more of your informative features on relationships, fashion, beauty and how to connect with my inner self. **Busisiwe Ndala** via email

KEEP IT UP

As a teenager, I couldn't understand why my mother loved TRUE LOVE so much. Her loyalty towards this brand was astounding. Now that I'm a young woman, I see the wealth of information she received from it and am using it in my own life. The brand is now part of my life. Namhla Nhontso Mnyekemfu Umtata



Rams Ledwaba

In the Feb issue of TL, I especially loved the "Body Bible" story, the fashion pages and Sonia's cover story.

Nthabiseng Mabine

I love the article on page 92, "Your Body Bible: The Ten Commandments of Absolute Body Bliss"... I'm so following them.

SEND YOUR VIEWS TO TRUE LOVE, PO BOX 784696, SANDTON, 2146 OR EMAIL LETTERS@TRUELOVE. CO.ZA OR TWEET US ON @ TRUELOVEMAG OR SEND YOUR MESSAGE ON OUR FACEBOOK PAGE.



@MadamAfrika

Reading @TrueLoveMag article on designer vaginas. I didn't know one can unhood the vagina!

@GetrudeM

My awesome @magagula_noz featured in Feb issue of @ TrueLoveMag about her weight loss journey... bathathe!

@Mpho_Biz

Loved the @TheeSonia interview. Very mature @TrueLoveMag.

@Thandomore

Had to look for the Mag @TheeSonia. Let's get reading @TrueLoveMag.

@BridgetKhonkKhobe

Destined for Impact? Grab Feb's issue of @TrueLoveMag & read all about it on pg 58 by @BishopMosaSono; love it!

TRUELOVE

LL A WOMAN NEEDS

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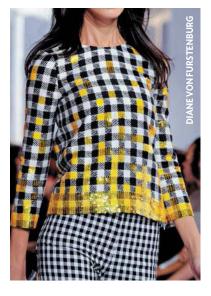
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STYLE CHECK

The age-old GINGHAM
PATTERN is TRENDING the
international runways.

BY SIYAMTHANDA MTSHEMLA

Top designers Michael Kors, Oscar de la Renta, Karen Walker and Diane von Furstenburg are endorsing the gingham trend, bringing it to you in ready-to-wear fashion. The pattern has undergone a serious makeover — no longer a tablecloth, it's the biggest textile trend in fashion this year. These FOMO-inducing items can be worn to the office with clashing prints or bold colours.





WITCHERY



60s

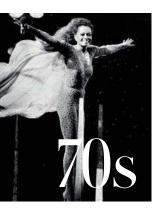
THE BIRTH OF THE SUPERHERO

The iconic black leatherette onesie gave birth to the jumpsuit and brought out Catwoman's supersexy persona.



This ONE PIECE suit has always been VERSATILE and STYLISH.

BY MBALI SOGA



UNISEX ĔRA

You could trust singer Diana Ross to arrive at the notorious Studio 54 rocking the trend. From monochrome to metallic, Miss Ross became the face of the jumpsuit.



Local girl group Joy were the queens of disco-inspired jumpsuits. Featuring sequins and cut-out detail, the costumes were practical for those "get-down" moves.



MAGES Mondadoriphoto.com; Gallo Images/Getty Images; Instagram

belts, zippers and epaulette detail.



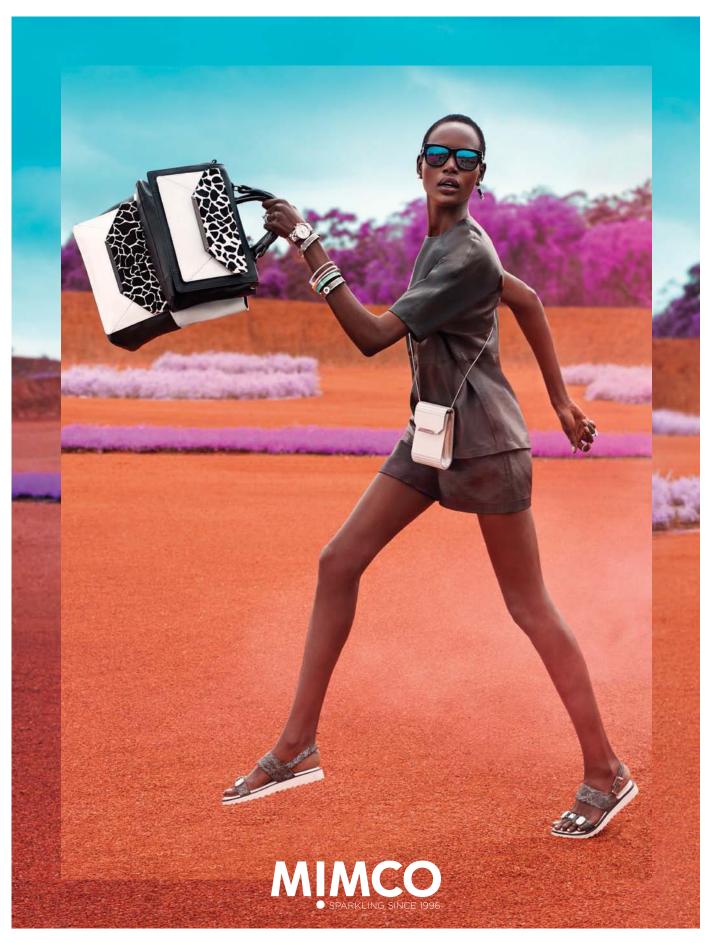
2014

Singer Solange Knowles took the jumpsuit to a new level of cool during her wedding last year with this chic Stephen Roland number with a cape.

R2 013,

kisua.com







INSTA-Style TRENDS Make a statement in a CROPPED TOP, DASHIKI OR HEADWRAP.

BY SIYAMTHANDA MTSHEMLA



ED'S TIP

If you feel The Dashiki $is\ too\ traditional$ for you, try $amplifying\ your$ outfit by adding a bold headwrap to your look. Take your cue from some of our local celebs who rocked the trend.



CELEBS WHO LOVED THE TREND...











sexy, fun and flirty. My first fashion buy was a pair of white pointed heels when I was 13. I recently wore them again. I wear my high waisted jeans from TopShop the most. They fit perfectly and look great with everything. My black Witchery oversized sunglasses take my look to the max. Louis Vuitton handbags are smart, classy and chic. Tosoni leather gladiator sandals are fun and edgy. Denim shorts are playful and sexy. A men's floral bomber jacket from

on in my life. Right now it's very chic,

I LOVE LONDON FOR ITS CULTURE, NIGHT LIFE AND FASHION.

Zara works well dressed up or down. Basic black and white tees are a life saver - they work with everything. My navy NY cap is perfect for bad hair days.

I love how sexy and romantic Chanel Coco Mademoiselle is. The sweet and floral smell is unforgattable.

I enjoy eating at the Orient in Melrose Arch. The food is delicious and the cocktails are tasty. I also love the vibe, music and their impeccable décor.

I'm so obsessed with London because of its culture, night life and of course the fashion. I hope to live there one day. My dream destination is Zanzibar as it's so beautiful and warm. I also want to explore my beautiful continent.

My favourite designer is Victoria Beckham. Her garments are timeless, simple and classy.



fashion secrets.

BY SIYAMTHANDA MTSHEMLA



So choose paths less travelled and tell better stories with the new GALAXY A Series' enhanced selfie experience. Choose between Animated, Panoramic, Beauty, Palm or Rear Cam Selfie Mode and be unapologetically you. Enjoy different screen sizes too with the GALAXY A3's 4.5" screen, the A5 with a 5" screen and the A7's 5.5" screen.

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GALAXYA



SAMSUNG



GET HER LOOK: THE RED POUT

Keep on trend by taking your cue from the stars on the red carpet. Lupita Nyong'o sported a hot scarlet lip at the Screen Actors Guild Awards. Mimic her look by wearing a deep red lipstick or lip gloss when you're going out. Line your lips with a lip liner of the same shade, and then apply your lipstick for maximum effect and to keep it on for longer.

LE CONTOUR

BEAUTY NEWS

KNOW YOUR STUFF when it comes to the

latest news in the WORLD OF BEAUTY.

LOOK WHAT WE FOUND...

Our top three skincare finds guaranteed to even out your skintone and bring out your inner radiance.



Get clear even tone skin with **EUCERIN EVEN BRIGHTER DAY CREAM.**

Perfect for sensitive skin and enriched with SPF30, it gently works on pigmentation without harming skin or causing an allergic reaction.



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Prevent discolouration before it even starts with **POND'S FLAWLESS RADIANCE ANTI-SPOT INTENSIVE EVEN TONE SERUM.**It works by decreasing the transfer of dark pigments to the surface of the skin, giving it new brightness and luminosity.

skin tone.

Sì di di g

GIORGIO ARMANI

BY THAMI KWAZI

GET ARMANI FRAGRANCES

With Giorgio Armani Si range of fragrances, you're sure to find your individual perfume that speaks to you.

The Giorgio Armani Si Luminous is for a woman who's charismatic and sophisticated, powerful and magnetic. The perfume marries notes of blackcurrant nectar with modern chypre and light musky wood. The Giorgio Armani Si EDP Intense is for the girl who likes to have fun, a socialite. Her fragrance lingers on long after she's left the room, with notes of May rose and Neroli absolute. The Giorgio Armani Si EDT is perfect for the girl who's open to new experiences and doesn't take things too seriously. The scent is sweet and fruity with notes of pear and blackcurrant.

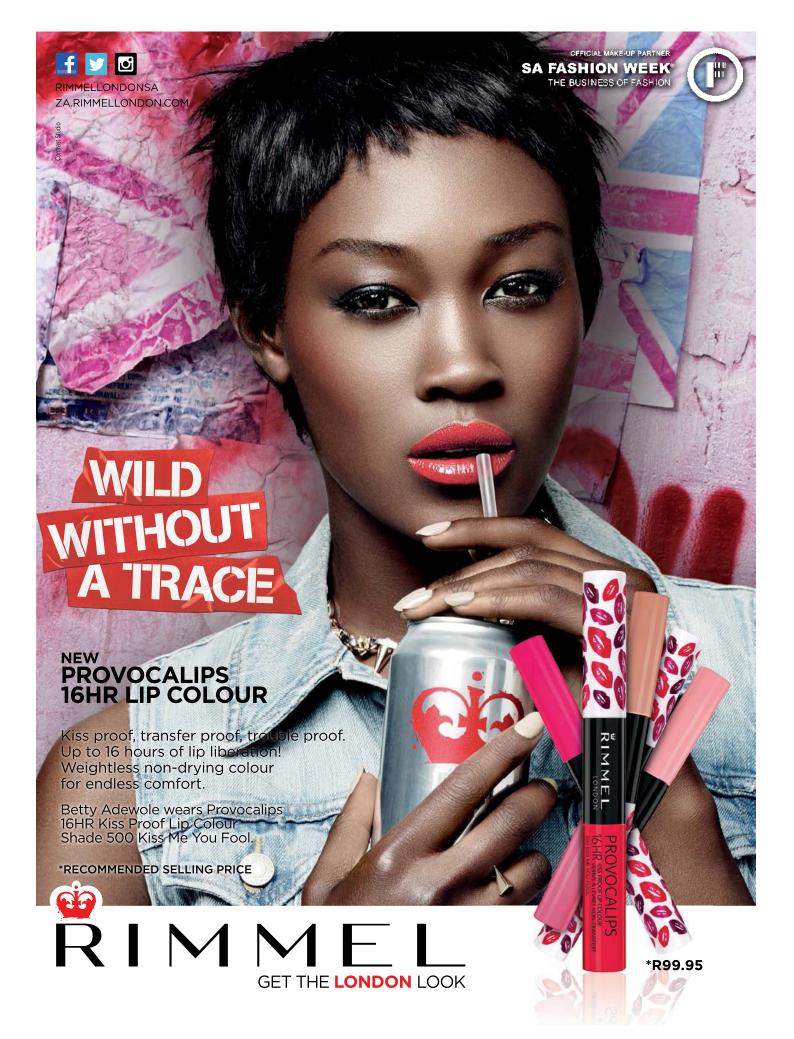
To win these three fabulous fragrances, log onto our website at **www.truelove.co.za** to enter the competition.

"I always find beauty in things that are odd and imperfect – they are much more interesting." - MARC JACOBS



INSTAGRAM MAKE-UP CRUSH

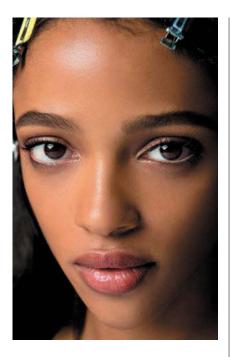
Are you going out with the girls for a fun night, or do you have a hot date with your beau? Get quick make-up tips by following @marilynjomakeup on her Instagram page. The site features a number of different looks that you can try out at home. She even suggests products to use to get the look.



THE NEW BROW

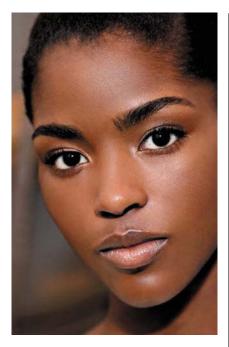
Minimum make-up with *BOLD BROWS* is what's in this season. *DEFINE AND SHAPE* yours for a *PERFECT ARCH*.

BY NTHABISENG MAKHOKHA



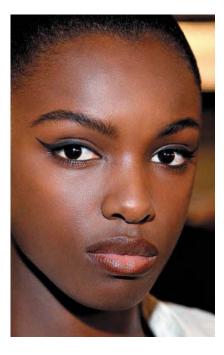
THICK

Trim your thick brows for definition and avoid a monobrow by removing hair between your brows. Use a brow gel to keep them shapely and you're good to go.



BUSHY

Tame your bushy brows to achieve the perfect bold look by trimming and combing them in an upward direction. To complete the look, fill them in using a brown eyebrow pencil.



FINE

Use brow stencils to shape, size and fill in gaps in your fine brows. The great thing about having fine brows is that once you've tweezed them into shape, they remain smooth and flawless.





Overnight Face Oil, R79.95, lipidol.com

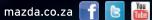
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cheetah stalking its prey, the CX-5's KODO, or Soul of Motion design, shifts weight to the rear for greater stability and even more power. On top of that, the commanding SKYACTIV 2.5 Petrol engine produces a muscular 250 Nm of torque, 138 kW of power and a fuel consumption of just 6.9* litres per 100 km. And with a 3-Year Unlimited Warranty & Service Plan, the CX-5 is not just an SUV. It's a new breed of vehicle.



THE IMPOSSIBLE MADE POSSIBLE.









Celebrating an INSPIRING WOMAN



CAROLINE MOSIAMO, 38, nominated as #INSPIRED woman for the month March, wins a makeover by ESTĒE LAUDĒR's make-up artist Chris Williams and hair by STYLEDIVA.

BY THAMI KWAZI

ailing from Atteridge-ville, Pretoria, Caroline was nominated for the makeover by her best friend and business partner, Mosele Maloleka, for being an inspirational and phenomenal woman.

At seven years old, she was molested and at age 16, she suffered a horrific gang rape. Now a divorcée, Caroline was physically and emotionally abused in her three marriages. Moreover, she was diagnosed with cervical cancer, but with her zest for life, she survived it.

Currently, she's a motivational speaker and life coach, and is often invited to MC various events.

Her mantra is to encourage women to speak up and stand up for their rights even in difficult situations.

ESTĒE LAUDER and STYLEDIVA pampered Caroline with a full makeover and a photo shoot fit for the star she is. Asked about her thoughts on her transformation, she said: "Thank you for the beautiful make-up and allowing me to show a part of myself that people seldom see."

This was certainly Caroline's day.

HOW WE GOT THE LOOK

SKIN Her skin was prepped by using ESTEE LAUDERS ADVANCED NIGHT REPAIR, the no.1 Repair Serum for every woman, R675, and REVITALIZING SUPREME MOISTURISER, from R625.





FOUNDATION
Her perfectly matched foundation is DOUBLE WEAR STAY-IN-PLACE FOUNDATION in RICH COCOA, R450.

EYES
The use of dark and bold eyeshadow created a sassy look, achieved with PURE COLOR ENVY SCULPTING EYES SHADOW PALETTE in FIERCE SAFARI, R685.

ESTĒE LAUDER StyleDiva



Caroline's wig is silky and sexy and is low maintenance.
STYLEDIVA NOVA
LACE WIG, R570.



LIPS
A bright lipstick glammed up her pout using PURE COLOR ENVY SCULPTING AND HYDRATING LIPSTICK in INFAMOUS, R345.



TO SEND US YOUR 150-WORD STORY ABOUT A WOMAN WHO #INSPIRES YOU, VISIT WWW.TRUELOVE.CO.ZA OR SEND US AN EMAIL TO INSPIRED@TRUELOVE.CO.ZA OR POST YOUR ENTRY TO TRUELOVE P.O. BOX 784696, SANDTON, 2146. *MARK YOUR ENTRY #INSPIRED. COMPETITION CLOSES AT MIDNIGHT ON 22 MARCH 2015.

Take a Moment to Chill



Mars VEARS



Jacket Identity; Top, Shorts both La Manche; Earrings Stylists Own; Choker Lovisa

Basking in the limelight

Gorgeous, talented and grounded Durban born JESSICA NKOSI, 25, is part of a new generation of actresses making waves on the small screen.

BY DUDU MVIMBI LESHABANE

PHOTOGRAPHS NICK BOULTON



Jessica Nkosi is the new darling of local television, starring in two big productions, Isibaya and Ayeye, which are currently airing in prime slots on the DStv bouquet. She is one of the few fortunate actresses who, with no work experience, secured an acting gig soon after graduating in 2012. "I'd just completed my studies at the University of KwaZulu-Natal when I heard about auditions for a short film. I sent in my photos and, shortly afterwards, I was called in to audition. A few weeks later I was offered the job." And just like that, Jessica found herself in the muchloved and watched telenovela-turnedsoapie, Isibaya, which has seen a steady increase in viewership and is giving other established soapies a run for their money. "Before all of this, I was living in a bubble. I had perfored only in school plays and thought it would be the same when I finished varsity," she says, adding: "I know how lucky I am to get a role on Isibaya. My lecturers [at university didn't give students false hope. They told us how competitive the acting industry is and that no one from our drama department has made a successful career on TV.

"They said some of us might end up in well known performing arts events such as the National Arts Festival in Grahamstown but very few people make it in the TV industry. I became scared and prayed that I find a job after varsity. What made things worse was that my friend, Ayanda, whom I'd studied law with before I changed to the arts, was already working at a top law firm. She had a nice car and a flat, and I was like: 'This could have been me,' but then I knew I was unhappy when I was studying law."

Jessica's other friends were not supportive of her decision to switch to drama. "One of them made it worse when she said I'd be a 'struggling actress'. That made me nervous. I prayed harder. I was grateful when I got a part on *Isibaya*. God gave me that role," she says. "I've been very blessed and I appreciate all the opportunities I've been given. Obviously the fame comes with negativity and bad publicity but I don't pay much attention to it. I believe I need to focus on the positives. I have a lot to be thankful for."

Jessica moves with ease between red carpet events and playing different characters. This was not the case when she started out two years ago. "When I first met people like *Isibaya*'s Siyabonga Thwala, Mam'Thembi Nyandeni and other big names, I'd be starstruck. But I focused on the task at hand. I had to get into my character and would be like: 'Okay, Qondi act now because Jessica is about to freak out'. So as soon as the director said 'action', I did my thing. When the seasoned actors on the Isibaya set were not busy, I'd tell them how much I look up to them. Now I'm comfortable in my own space. Though I'm a loner, I try to mingle at events and, as a result, I've met so many people in the industry," she says.

Jessica's talent and beauty has captivated many fans. She has fond memories of the first time she met some of them. "We were promoting DStv in Alexandra township and some fans came up to tell me how much they loved my work, I didn't expect that; I didn't understand what all the hype was about because I was playing a typical rural Zulu girl who listened to what everyone had to say. I didn't think

Isibaya was that big because it is solely in isiZulu. I felt that our crew was a group of ordinary people doing what we love on the show."

Born Jessica Ayanda Nkosi, she spent most of her childhood at boarding school. Her parents, who never got married, separated when she was a little girl. Her mom, a teacher, moved on and got married while her dad, a civil servant, remained single. "Mom started a life with someone else and had a closeknit family, including her new baby boy, four stepkids and a husband. I was not sure where I fitted in her new family; I felt like the odd one out. Dad asked mom if I could come and stay with him and she didn't object. I guess she was relieved when I left because it had become difficult for her as other children regarded me as her favourite. I was nine years old.

"Daddy had other kids too, but they lived with their mothers. I was happy staying with him," says Jessica, reminiscing. "I spent time with my half-siblings over Christmas when we'd go to Ermelo, where my dad was born — life was great. I was daddy's little girl all the way," she adds. When Jessica turned 15, her life changed dramatically. "I was in Grade 11 when my dad fell ill. He had Hodgkin's disease — a rare cancer that attacks the entire body."

Watching her dad becoming weak as a result of the disease saddened her. "Daddy was light in complexion but his skin became very dark after starting chemotherapy. I would apply Cuticura Ointment all over his body, an exercise that I did for months. "He had a van, and back then cars didn't have power steering wheels. One time, we were driving to a nearby shop and he >

66 BEFORE ALL OF THIS, I WAS LIVING IN A BUBBLE. I HAD ACTED ONLY IN SCHOOL PLAYS.

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FAME CAN BE OVERWHELMING AT TIMES BUT YOU'VE GOT TO HAVE A THICK SKIN – YOU SHOULD KNOW YOURSELF AND WHAT YOU STAND FOR.

couldn't turn the wheel. I had to help him even though I didn't know how to drive. He was very frail."

The chemo didn't work and doctors tried everything to save him. "I took care of him but he died within a year. He passed away in June during school holidays," she says. After the funeral, Jessica went back to school, but it was difficult. "I felt like I was going to fail Grade 11. I had planned to apply to be a prefect but after he died, I didn't want to do that any more. I thought it would be better if I walked out and got hit by a car and died as well."

Things were not going well for her mom either. "Mom's divorce was finalised the same week dad died. She moved back to my granny's house in Esikhawini. I went to visit her and my younger brother, Sphelele, during school holidays." Adjusting to the new life proved challenging. "Daddy used to drive me everywhere, including boarding school. Mom didn't have a car but she tried so hard to make ends meet."

Since then, Jessica's mom has been part of her life and supported her when she switched careers to study drama after doing law for two years. "Mom's very encouraging, she'd never compare me to the characters I portray, from the unassuming Oondi on Isibaya to the sexy Eve on Ayeye. I remember calling her before my first kissing scene was televised. I was like: 'Mom, today you're going to see me doing naughty stuff,' and she was like: 'It's okay because my child is not Qondi. I don't know Qondi, my daughter is Ayanda.' That day she showed me that she understands my work, that what I do doesn't mean I'm like that."

Jessica loves fashion and movies, and has a few stars she adores. "My

mom says I look like Beyoncé, but I think I'm more of an Angelina Jolie or Charlize Theron type. But I love Beyoncé's work ethics. I can sing but I don't think I can do it professionally. I think my voice is big enough for theatre, so I'd love to do a musical. It would be something I'd have to get off the ground myself, though, and starin it as well."

For now, Jessica's making it on the small screen and is learning that fame comes with a lot of baggage. She recently got a taste of that when it was rumoured she went out with *Idols* winner Khaya Mthethwa while he was still with actress Nomzamo Mbatha. "When I started two years ago, my agent told me that I'd be attacked and bullied. So I made a conscious decision that I'm not going to entertain certain things, including tabloid newspapers. Anyway, I'm too young and too busy with work to focus on relationships right now," she says.

Like many stars before her, including singer Rihanna, Jessica has learned that the road to stardom can be lonely. "This fame thing can be overwhelming at times but you've got to have a thick skin — you should know yourself and what you stand for. The industry is cut-throat and you always need to be on top of your game, which doesn't leave much room for personal relationships and family time. For instance, I don't get to see my mother, whom I love dearly, very often. One just needs to learn and be comfortable with walking alone sometimes.

"For me though, I think I use the fact that I'm an actress to my advantage. In a weird sort of way I'm not alone because most of the time I'm not Jessica, I'm another character, a different person. So every day I have the challenge of stepping into someone else's shoes and live a different life," she says.

To balance things out, Jessica learned the secret to success: giving. She established the Jabulani Nkosi Foundation, a nonprofit organisation named after her late father that focuses on school kids. The idea came after she went to a school where her mother teaches. "I noticed that the school is in a far rural area and some kids walk barefoot in torn uniforms. That took me back to my school days and I realised how fortunate I was as I always had new socks and my uniform was always ironed. I didn't have to worry about anything else, I only strived to pass. If you look good, you do good. I couldn't imagine what those kids were going through," she says. A few days later, Jessica gave her mom a pair of shoes to give to one of the kids.

"The following day, the child came to school wearing the shoes. Mom asked the child's surname and coincidentally it was Nkosi. She sent me a picture and I was so happy. I know this project will be huge one day—supplying clothes, textbooks and food to needy kids. Through networking, I've secured funding for the two schools I've adopted," she enthuses.

At 25 and with so much accomplished already, it seems the sky is the limit for this starlet. "My ultimate dream is to go international. But I know that I need to dominate locally first. I want to get as many jobs as I can — I have a list of characters I want to play — and do everything I've always dreamed of doing. And I'd also love to create jobs for other actors and actresses, so I'm definitely going to look into doing that."







Victoria Beckham is looking extra glamorous and beautiful. "I'm wearing Margiela this evening. I love wearing my own designs but I also like to celebrate other designers, there are so many great designers out there. I am a fan of Margiela and this outfit just seemed perfect for a lovely summer's night in London. Isn't London great when the sun is shining?" The former Spice Girls turned businesswoman is in high spirits. Her eponymous fashion label was hailed as brand of the year at the 2014 British Fashion Awards. She was also named UK's most successful entrepreneur, based on strong sales, the number of jobs she's created and her estimated wealth overall. Mrs Beckham ended 2014 with another business venture – a luxury nail polish duo in collaboration with Nails Inc.

The two limited-edition shades are a warm tomato red and a pale bone hue inspired by the designer's yet-to-be-unveiled Victoria Beckham Spring/Summer 2015 collection. While we saw the main Victoria Beckham collection at New York Fashion Week last September, the new nail polishes are a hint of what Mrs Beckham has in store for her second fashion line next season.

We are meeting in New York where she's currently based. "New York is what we know. It works for us. We have just opened up an office here, which is very exciting for us. America is a big market, it just makes sense. "I lived in Los Angeles for a long time and when I first started doing my shows, not all key buyers and press went to London but they always present in New York. So, I chose to lived here so everybody could see my collection."

Her collection is highly regarded, especially in the two cities, and that's the reason she's opened a store in London as well. "We launched an e-com site about a year-and-a-half ago but with the store I will decide what is sold in the shop. This is my collection and these will be my favourite pieces that as a customer I would like to buy. Being a creative designer is what I love to do. I loved my time with the Spice Girls; they are great girls and we still speak, but I do think what I am doing now is what I love. It's my passion. I went into this industry not trying to prove anything to anybody.

"People had preconceptions but they talked about the product and not me; women wanted to buy clothes from my line because of the quality and the designs and not because of me. There's a big difference. My team work really hard and I am proud of all of us for what we are achieving. I've always wanted to be a designer ever since I was a little girl. I loved fashion and I used to watch my mother getting dressed in the 1980s with her big hair and shoulder pads," she says.

Mrs Beckham has become an internationally recognised style icon and fashion designer. Following high-profile collaborations with other brands, she launched her label in 2008, as well as a lower-priced (diffusion) label in 2011. >

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The Victoria Beckham label was named designer brand of the year in the UK in 2011; in 2012 the brand was assessed as the star performer in the Beckham family's business interests.

In an interview with Management Today magazine, its deputy editor, Andrew Saunders, said: "Victoria Beckham, has become a supremely talented entrepreneur in the fashion business. She's got a real design talent. She gets a lot of stick for being a celeb fashionista but I don't think that's fair. She has built something real out of her own celebrity status, which is quite a contemporary story. She deserves to be celebrated." Belinda White once wrote a piece for the Daily Telegraph noting that the transition from WAG to fashion designer had been more successful than most had predicted. She said: "Beckham has gathered a significant celebrity following and won over the scathing fashion pack who now clamour for a ticket to her bi-annual show at New York Fashion Week."

Beckham says her clothes are for women who love fashion and luxury. "I would wear every single piece in my collections. I am designing clothes that I want to wear myself. I am also adding more designs to my collection as I aim to challenge myself each season," she says.

"As I get older, say in 30 or 40 years' time, maybe I would fantasise about myself wearing the pieces. I can't be 100 years old wearing a mini skirt but currently I can wear everything that I design," says Beckham. When it comes to singing, Beckham was influenced by pop music and a bit of Rihanna and Beyoncé. "Myself, David and the kids love music. We always have the music on when we are at home

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and the kids like to sing and dance; and David likes to sing really badly."

Celebrated in fashion circles, Victoria would rather be seen as a mother and a wife first. David and her children are the most important people in her life. Since David's retirement in 2013, the couple has more time for each other and their four children (three sons - Brooklyn (16), Romeo (13), Cruz (10) and a girl, Harper, who's four. "I'm so proud of David and everything he's achieved. It's great that he's around more. We've enjoyed cheering him on for all these years and now I enjoy being with him at home with us. "We both enjoy having fun with the kids. They surf but I just watch. Any activity that we do as a family is fun.

"Quite often I come home, take off my sunglasses and my shoes and place my handbag on the table, and Harper will come put on the sunglasses and the heels with the handbag on her small shoulder and totter around the house saying: T'm going to work, I'm going to work.' But I don't think she knows what work is."

Amid all the roles, Mrs Beckham says her typical day is crazy. "I work out first thing in the morning, then take a shower and take my children to school, and later go to work. I love being a creative designer. It's my passion, after my roles as a mother and a wife."

Finally, what's in your clutch today? "Oh okay, what's in my clutch? I've got a lip liner, okay, I've got something to wipe my bag with because it actually gets a little bit finger printed and that's kind of it. I like to travel light. Normally I have diapers and all sorts of things in my bag, so I'm traveling light tonight."

VICTORIABECKHAM





SOURCE Famous IMAGE S Rex; Features.com; Getty Images/Gallo Images

#What's your number?

Tissue salts are the 12 inorganic minerals first discovered by Dr Wilhelm Heinrich Schüssler to occur naturally in your body. Dr Schüssler found that administering minute doses of these 12 inorganic nutrients could help correct imbalances and promote healthy functioning of the cells and tissues in our bodies. By identifying with the predominant symptoms associated with each of the tissue salts, you will be able to determine which tissue salt number could be most beneficial for you to help restore balance in your body.

Tell us what your tissue salt number is and stand a chance to WIN a weekend away for 2!
Visit our Facebook page: www.facebook.com/NaturaSA, like our page and #(Hashtag) your number(s) and details. Visit www.natura.co.za for T's & C's

#1 Calc fluor:

Helps maintain tissue elasticity

Calc fluor is beneficial for conditions where connective tissue has lost its elasticity and hardened or become too relaxed:

- · Cracked or chapped skin;
- · Calluses on hands or feet;
- Tendency to enlarged or varicose veins.

#2 Calc Phos:

Supports assimilation of nutrients

Calc phos helps your body to absorb and utilize nutrients from your food to promote healthy growth of tissues. It may benefit conditions such as:

- Slow healing of injuries to bones;
- Slow recovery from illness

#3 Calc sulph:

Supports removal of pustulent matter from the body

Calc sulph may benefit:

- Tendency to pimples and pustules on the face;
- Tendency to boils, carbuncles and abscesses;
- Slow-healing sores.

#4 Ferrum Phos:

Oxygen carrier and anti-inflammatory
Ferrum phos improves oxygenation of the blood and has an anti-inflammatory effect. It may benefit:

- Inflammatory conditions with redness, throbbing pain, heat or swelling;
- Tendency to simple anaemia

#12 Silicea:

Silicea is the cleansing, eliminating tissue salt that helps the body to remove degenerative material May be beneficial for:

- Pustulent sores & pimples;
- Abscesses, boils & styes
- Conditions that are accompanied by foul odour.

#11 Nat Sulph:

Helps to gently support liver function and promotes the elimination of excess water

May be beneficial for:

- Nausea;
- Indigestion;
- Support of gallbladder.



Nose blocked with thick, white catarrh:

#5 Kali Mur:

Helps remove excess

mucus and phlegm from '

white catarrh;

Kali mur may be beneficial for:

· Chronic catarrhal conditions:

• "Thick-in-the-head" feeling.

#6 Kali Phos:

Helps to maintain healthy functioning of nerve tissue Kali phos is used for conditions that arise from an over-stressed, over-excited or fatigued nervous system. It may be beneficial for:

- Bashful, fearful and anxious mental states:
- Brain-fag from overwork.

#10 Nat Phos:

Helps relieve conditions resulting from excess build-up of acid in the body Nat phos may be beneficial for:

- Heart burn;
- Acid indigestion with sour eructation:
- Gout
- · Cracking of joints

#9 Nat Mur:

Helps regulate water balance in the body Nat mur is used for conditions where there is either excess moisture or extreme dryness. It may be beneficial for:

- Runny nose;
- Tendency to watery diarrhoea alternating with constipation.

#8 Mag Phos:

Antispasmodic tissue salt

Mag phos is known as the anti-spasmodic, analgesic tissue salt. It may be beneficial for:

- Muscle cramps and spasms:
- Headaches with shooting, stabbing or spasmodic pain;
- Menstrual cramps.

#7 Kali Sulph:

Maintains healthy functioning of skin

Kali sulph assists with skin conditions where there is dryness, flakiness and scales or crusty yellow eruptions such as:

- Dry, scaly skin & scalp;
- Skin blemishes with sticky yellow discharge.





Justice for A

As we celebrate Human Rights Day, Commissioner **LINDIWE MOKATE** shares her passion for social justice.

BY ZAMAHLASELA GABELA

aving participated on several United
Nations and Commonwealth missions,
Lindiwe Mokate has dealt with human
rights issues on a broad scale, going
beyond our borders. "I'm responsible
for education and children's rights in South Africa,
but I'm not limited to that. Last year I led a delegation
to Swaziland, where we assessed the human rights
situation following a request from the Commonwealth Association. In 2013, I went to the Maldives
to observe their presidential elections," she says.

As a commissioner at the South African Human Rights Commission (SAHRC), Mokate's main job is to address complaints involving human rights violations, which have been reported to and investigated by the provincial manager. "I've been with the SA Human Rights Commission for more than 12 years. I was also the CEO," she says. The 60-year-old has two masters degrees – one in economics and development and the other in education – and she currently heads the KwaZulu-Natal region. "I think more people are lodging complaints with us now because they know about their rights and the commission's existence. However, I don't think the complaints are significantly different because racism still forms the bulk of the cases brought to our attention," she says.

Apart from racism, corporal punishment in schools is also a big issue. Previously when such a complaint was lodged, the commission would investigate the severity of the beatings or abuse. But because corporal punishment has been outlawed, teachers aren't allowed to hit children anymore. However, some are still violating the law. "There are more cases of children being severely beaten in schools in rural areas than in the suburbs. I think this has a lot to do with how informed people are about the law. When you know that there are going to be consequences for what you are doing, you act with restraint," says Mokate.

Under the leadership of the country's first democratic presidency, she worked in the Reconstruction and Development Programme. "I was recruited to set up the children's desk and we contributed towards the policies the government was developing for children," she muses. "The strangest thing is that although I'm affiliated with children so much, I never studied social work." In a country like ours, scarred with injustice and seeking to heal the wounds left by inequality, it can't be easy seeing case after case roll in. "I'm really moved by cases that involve children and issues about the disabled. I think it's because of their vulnerability," she says.

A case that's close to her heart and highlights this issue so well involves a disabled man who was

trying to catch a flight from Johannesburg to Cape Town. When the airline expressed that they couldn't accommodate him because of his disability, he reported the matter to the SAHRC. "We got involved and the case went to the Equality Court. However, the complainant couldn't be part of the hearing because he wasn't able to access the court area due to his disability. So you can see how the odds are stacked against vulnerable people," she adds.

Growing up, the commissioner always thought she'd be a journalist exposing truths and injustice, something close to her current job. "As the SAHRC, we also collect information on human rights and publish it. One of these projects involves statistics on how the different provinces are doing in terms of human rights. We compile tables and use diagrams to compare them so that we can see how each province is performing. We've gone as far as comparing them to other countries on the continent," she says.

CASES THAT INVOLVE CHILDREN AND ISSUES ABOUT THE DISABLED. I THINK IT'S BECAUSE OF THE VULNERABILITY OF THOSE PEOPLE.

This exercise also helps them improve and rediscover ways to solve challenges. Another aspect she wanted to tackle desperately was the right to basic education. "We produced a charter on basic education rights, showing what parents should expect from the government. It also states clearly what we mean when we say children have a right to education. As a parent, you must expect a class, proper infrastructure, qualified teachers and materials for the children to use," she explains.

March 21 marks the day Sharpeville youth were massacred in 1960. Crowds gathered in front of the Sharpeville police station in Johannesburg, protesting against the carrying of passbooks by people of colour. It all ended in a bloodbath that left 180 people injured and 69 unarmed protesters dead. Fast forward 55 years later and we have a Human Rights Commission, a haven that supports constitutional democracy. With people like Commissioner Mokate at the helm, one can only hope that more and more people continue to stand up for their rights, and that one day South Africa will finally achieve equality. ■

PHOTOGRAPH Irma Bosch MAKE-UP Black Opal STOCKISTS NNUU Clothing; JoBorkett

It happened to the Total Total

News anchor and face of Black Opal cosmetics FLORENCE LETOABA, 30, opens up about her abuse and how she's taking control of her life.

BY ZIPHEZINHLE MSIMANGO

he first time it happened, we were driving with my partner to my parents' home to fetch our son, who was a year old at the time. We were talking and somehow ended up arguing. He stopped the car and started punching me. He took me by the neck and told me he was going to kill me. I was so afraid and in tears because I'd never experienced violence in my life. When we got home I told my mom what had happened, but he denied it. I didn't share this with anyone else as I was afraid of what people would think of me because he's very good at portraying himself as a perfect guy. He's a well-known SA Rugby referee (name withheld). I met him in 2003 at Rand Afrikaans University (RAU), now University of Johannesburg, when I was doing my LLB degree. He was working as a marketer at the university and he also played rugby.

I moved on, met someone else and got engaged. However things didn't work out and we called off the engagement. A couple of years later I got back with the rugby referee. I didn't know he was violent. To me he was a great guy, charming and intelligent. He seemed like the perfect partner who only became slightly aggressive when we didn't see eye to eye. When I was pregnant with our son, he came along to the midwife appointments. My midwife told me I was so lucky to have a man like him. After our son was born, we had a family gathering in honour of our newly born. Family and friends

came for lunch and my partner made a wonderful speech. Everyone liked him.

After the first incident, in July 2013, I saught advice from my grandmother who had divorced because of abuse. She told me that if a man hits you once, he will do it again. I wish I'd listened to her. Instead, I looked the other way because I was in love and he was the father of my child. In October 2013, I asked him to look after our son because I had to MC at an event. Our conversations often led to arguments, and this time was no different. We started arguing and a fight ensued. He banged my head on the floor and I blacked out. My son witnessed the entire incident. Lying on the floor, I remember thinking this man could kill me and decided this has to stop before I die. I called a friend who rushed me to hospital. Luckily I didn't sustain serious injuries but I reported the matter to the police. He never came back to check if I was fine.

My mother told me that when he left me injured on the floor, he drove to her to cover his tracks. He wasn't sure if I was still alive or not, so he told my mom I got injured while he was defending himself after I attacked him. That was the last day I saw him. It took me a while to confront what had happened to me. I had an overwhelming sense of anger. I thought admitting I was hurt would make me look weak. However, therapy helped me deal with all those emotions. I think many people will be shocked to find out that this happened to me because I'm a strong and assertive individual. But this can happen to anyone, even the



strongest of women. I think there's a general misconception that abuse doesn't happen to successful career women. The more we speak about it the more we can get rid of it in our society.

I also had to forgive myself because for a long time I thought it was my fault. As a news reader I've interviewed people in abusive relationships or who have been affected by domestic violence but I couldn't say anything about what happened to me. I related so much to them but I couldn't say it. Some of the stories we cover have

66_{I DON'T} CONSIDER MYSELF A VICTIM BECAUSE **ONCE YOU** SAY YOU ARE, YOU GIVE THÉ AGGRESSOR POWER.

helped me too, like the recent case of former Jozi FM DJ Donald Sebolai, who's accused of murdering his girlfriend. It's stories like these that bolstered me to be strong and finally speak out. I'm hoping my story will help others going through the same situation and leave their abusive partners.

As the ambassador for Treatment Action Campaign and a single mom, I want to empower other women to take serious steps when it comes to issues of abuse, which is another contributor to the high rate of HIV/ Aids in our country. I don't want to consider myself a victim because once you say you are one, you're giving the aggressor exactly what they want, which is to take power away from you. This has affected me because I'm weary now of relationships. I'm always looking out for a sign that the person is an abuser. I think it's made me scared to commit to a relationship. But I refuse to say I'm a victim, I say this is something that happened to me and I'm still trying to recover from it.

I can't change the fact that my ex is the father of my child, I let him visit our son at my parents' home under supervision.

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CELEB SLIM DOWN

When award-winning songstress Toni Braxton tweeted, "I do the fish fillet with mustard and tomatoes instead of having the side salad. Less calories," many were intrigued at what kind of diet she was on. Her secret weapon? Robert Ferguson's Diet Free Life. From macaroni and cheese to soul food like black eyed peas, you can eat all your favourites, as long as they comply with the challenge you take on. Visit www.mydietfreelife.com to check it out.



BE ON TREND

There's nothing more annoying than having to stop and tie your shoelaces during a workout. Why not replace them with trendy hickies, the elastic lacing system that turns any sneaker into a slip-on? They come in different shades, from pink to orange and black, and you can mix and match or use them on regular shoes.

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BODY NEWS

The best WELLNESS SPOTS, DIET PLANS

and FITNESS GEAR.

BY ZAMAHLASELA GABELA



STAY CALM

Emotionally, not only will meditation create a calm and peaceful feeling but it significantly reduces stress, while giving you more energy. So take that lunch break, find a quiet corner or space and turn it into a timeslot of tranquillity and self-reflection that will boost your productivity at work.



RELAX & RESTORE

Prana & Co Wellness Lounge is a health sanctuary situated in Illovo, Johannesburg where you can get make-up coaching, nail treatments, tailor-made body pampering, life coaching and more. Whether you want to revive your health and body or just look your best, Prana is the place to be.

DID YOU KNOW?

From side servings as a raw dish to smoothies, kale has reached an all-time high in health food circles, with a cult following. Benefits of this leafy green vegetable include its antioxidant and anti-inflammatory nutrients. The glucosinolates in kale help prevent cancer, and kale also plays a big role in lowering cholesterol levels. Kale helps the body to detox and it contains more than 10 nutrients, including iron and omega-3 fatty acids.

IMAGES Dreamstime; Gallo Images/Getty Images





TL | weight loss

LUNGILE MKEFA MTYELE, 30, weighed 114kg when she took life-changing steps to shed the kilos.

BY ZIPHEZINHLE MSIMANGO

started gaining weight after my first child in 2009. When my grandmother passed on in 2010, I went to buy a dress for the funeral. It was a size 42. When I tried it on at home, it was small. I was shocked. After the birth of my second child in 2012, my weight had increased tremendously. A few months later I went to donate blood. When they checked my weight, I was 114kg heavy. Looking back, my weight shouldn't have been a surprise because I was binge eating. I'd finish two litres of juice or cool drink in 10 minutes. I also had a stash of all the food that was bad for me like chocolates, koeksisters and wine gums that I'd keep in the cupboards in my bedroom.

Moreover, when my mom died in 2012, I turned to food for comfort. I wasn't even chewing properly anymore. When my second son was a year old, I decided to do something about my weight because it was affecting my health. I'd developed peptic ulcers and thought I would die. I couldn't breathe or walk with ease. I suffered from inner-thigh chafing and developed a bad rash. I couldn't live like that anymore. I didn't want to go on just any specific diet to lose weight, so I opted to make healthy eating part of my lifestyle.

The first two weeks were difficult because I had to change my entire mindset. I initially cut out meat and ate fish for protein. I also ate carbs

but not too much. I also eliminated alcohol. Now I only drink water or Rooibos tea without sugar. For exercise, I started walking. Within six months I was down to 70kg and after a year I was 60kg. I fell pregnant again last year and this time I didn't eat junk. When I snacked, I did it the healthy way with nuts and fruits. I've had my baby now and weigh 62kg. I'm healthier and enjoy playing with my boys. I crave unhealthy food sometimes but I've learned to discipline myself. Unhealthy eating is like a demon in your life. Your mind says I really need those carbs, but you have to learn to resist.



 $Share your inspirational weight loss story with us. Email \ letters @true love.co.za.$

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OVERCOME STORMS

Whenever God is ready to take us to ANOTHER
LEVEL, a place of SIGNIFICANCE AND INFLUENCE – LIFE'S

STORMS rise up to block our way.

BY BISHOP MOSA SONO

S

torms will come when you are on your way to fulfilling your destiny. This was recently experienced by a young woman who came to me broken. She had just left university after two years of hard work and late nights without a degree. Her parents had been killed in an

accident and she was forced to forsake her dreams

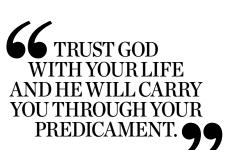
and become a parent to her siblings. "Bishop, why did God take my parents away from me after I have loved and served Him for so long?" she asked.

Her world had changed overnight and she had to learn that life takes its cause and doesn't wait for our permission to welcome the challenges we come

across. As long as you are on this earth, you will be tested. This girl had a dream and it seemed that nothing could take it away from her, but tragedy came her way.

Sometimes we find ourselves in similar storms, which are inevitable, unpredictable and impartial. Storms will come whether you are a believer or not. All you need is faith and remain calm. Someone once said when you get into a storm and all is dark around you, remember what God told you when you were in the light. When you face troubled waters, talk to God about your situation.

Bishop Mosa Sono is the founder and senior pastor of Grace Bible Church. Find him on Facebook or follow him on Twitter @BishopMosaSono



Whatever He directs you to do or impress in your heart, trust His guidance and comply with it. Trust Him with your life and He will carry you through your predicament.

When you've received a word from God, a vision or a dream, Satan will try and steal it or take it away through persecution, affliction and loss. *Mark:4* says when the storm came to Jesus and his disciples, he didn't say let us go into the boat

and drown. He said we are going to the other side. Then he got into the boat with them to cross to the other side, for he believed that God would never leave him nor forsake him.

Heb 13: 5;6 says, "Keep your lives free from the love of money and be content with what you have because God has said, 'Never will

I leave you; never will I forsake you." So say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

The truth is we are tested by adversities. Faith, belief, passion, strength and commitment will always come with a test. A woman who is on the verge of getting married enters that phase of her life with the hope of becoming a good wife in order to have a successful marriage. That in itself is a goal. However, her faith, belief, passion, and commitment are challenged. When your marriage, business or parenting skills are tested, ask yourself, "What do I stand on?" Do you look at your storm (the reality) and focus on it or do you stand on truth knowing that God has said He will never leave you nor forsake you?

Those who trust in Him know that Jesus is "the way, the truth and the life" (*John 14:6*). There is no TESTimony without a TEST. Storms not only make us resilient, they strengthen our faith. ■





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TWITTER CAN VIAKE YOU FITTER

Why social networking is the NEXTBEST THING FOR FITNESS and weight-loss success.

BY ELIZABETH ATMORE

ave a closer look at your Twitter timeline or Facebook homepage next time you're online: there, in between the wedding photos of people you haven't seen since high school and the LOLs at the latest viral YouTube clip, you are likely to see an increasing number of people logging kilometres jogged, gym sessions completed, healthy meals cooked and fitness advice exchanged. While the thought of sitting on your butt behind a computer might not sound like the most obvious way to get fitter and stronger, more and more of us are learning that it might just be.

Why? Because your online activity can impact your offline physical activity by keeping you motivated, holding you accountable for the exercise you say you are going to do, and providing you with an encouraging community of people with similar goals.

When Sesi found her weight loss had hit a plateau, she and her fiancé started a road-running programme and, faced with the daunting challenge, she took to Twitter to record their steps. "I initially started tweeting about it for the same reasons most people tweet about anything -I wanted validation for this awesome new thing I was doing that took a lot of mental and physical commitment and effort," she says.

And when her sister started the same programme with some friends, they created a Facebook page as a space for sharing news of the runs they'd done, their weekly weight loss and tips on lean cuisine - in one quick step, they'd created a community of people with similar goals. Sesi, who has now lost 15kg, says: "It's really important to me to put out there that I'm still doing it. I don't expect a response, but it definitely keeps me accountable as well - if I can't exercise or am too tired, I put that out there too. I feel like I can't lie, but I also can't lie by omission, so I document what I'm doing in order to feel as though I'm still on the right track."

Sheila turned to Facebook when she joined Weigh-Less as a way of supplementing the help she was getting at the group meetings. Now she and others following the programme chat on the Weigh-Less Facebook page, sharing their weight losses, encouraging one another to stick to the formula and posting healthy recipes.

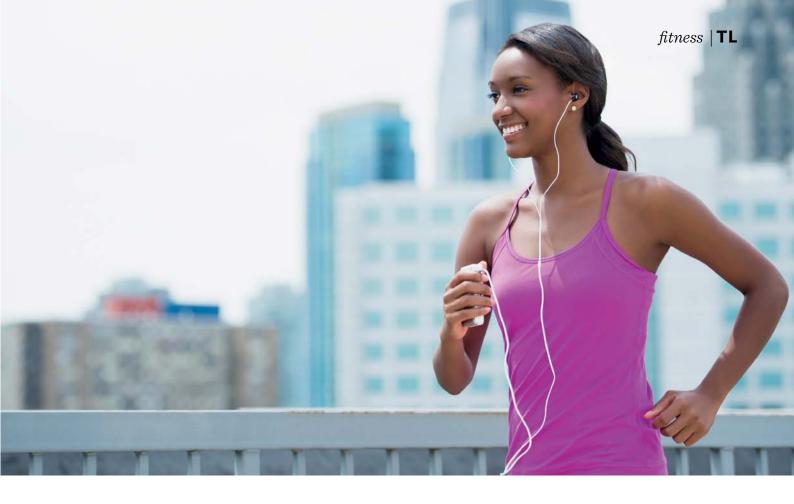
MAKE IT WORK FOR YOU

- 1. State your goals in your Facebook status or on Twitter: you'll be less inclined to skip a gym session once you've made a public promise.
- 2. Search through Twitter for people talking about your fitness interests: type # followed by whatever you're interested in into the search bar (for example, #Pilates) and see what others are talking about.
- **3.** Sign up to www.loseit.com: it's a social networking site geared specifically to people wanting to lose weight, and as they say they've helped users lose almost three million kilograms, you can be pretty sure you'll find it a useful tool.
- 4. Get motivated: follow our "fit folk" on Twitter (see box) for that little nudge when you are feeling low.
- 5. Share your spoils: if you feel great after a 10km run, you'll feel even better when Twitter followers and Facebook friends reach out to congratulate you on your achievement (and the thought of that might keep you going).

FITNESS ADVICE - FOR FREE!

Personal trainers don't come cheap, but with Twitter you have access to fitness experts around the world whenever you need advice. Johannesburg fitness expert and master trainer Sean Pettit (@ TrainerPlat) is one of those available to help. And, while it's partly a business decision (it's generated a healthy interest in his business and helps keep his clients motivated and in check), it's also a boon for you.

"I wanted people to put their own wellness and



health at the top of their own minds as it is so often the last thing that we think about. If my tweets make people think of themselves a little more during the day, they are doing their job," says Sean.

There are smart apps that could help you: If you use an Android smartphone, try these apps at www.market.android.com:

My Tracks uses your phone's GPS sensor to record your route, time, distance and speed – whether you're running, cycling or hiking. You can review all of this data live, or you can save it for use later. *Cardiograph* turns your Smartphone's built-in camera into a heart-rate monitor for an accurate reading almost instantly.

My Yoga Routine gives you yoga classes on your smartphone, with each position demonstrated in animation, along with detailed instructions and voice narration.

Epicurious Recipe App lets you search for low-fat, tasty meal ideas so you'll never resort to fatty takeouts.

If you use an iPhone, try these:

RunKeeper will track your runs and give you feedback (including a feature that remembers your route so that you can repeat the runs you particularly enjoyed). Upload your results to your Facebook or Twitter page.

Loseit If you find calorie counting a useful tool, then this app is for you. You input foods eaten (as well as exercise, so it can track calories burnt) and it will track your weight-loss progress. It also allows you to share your results with friends.

Nike Training Club for Women A true pocket personal trainer – all exercises come with cool video demonstrations. This app gives you point-based incentive rewards for each exercise completed. ■

FIT PEOPLE TO FOLLOW

- **@RunnersWorld:** links to training plans, interesting articles and events in your area. Also a great source for questions on kit and form they're great at replying to tweets.
- **@RyanSandes:** everyone needs a little inspiration, so why not get it from the man who has run hundreds of kilometres through some of the world's most unforgiving terrains? If anything, it'll make your 5km jog seem like a walk in the park.
- **@HealthHabits:** Managed by a personal trainer with a massive following, this feed is full of links to interesting reads.
- **@LucyWyndhamRead:** author of four fitness books, Lucy posts fitness tips, healthy snack ideas and health news.

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hen naturopathic

physician Dr Peter D'Adamo released a book titled *Eat Right 4 Your Type* in 1996, it caused a considerable stir. The ideal diet, he proposed, was not a one-size-fits-most affair, but one that should be tailored according to blood type, which he claimed determined the workings of your chemistry and the functioning of your immune system.

Cleverly, there was no mention of weight loss, only of "achieving your ideal weight". It provides an alternative for those seeking optimum health, rather than offer a temporary corrective slimming plan for mere cosmetic reasons of vanity. Despite skepticism of the premise on which D'Adamo's plans were based, and criticism of the lack of evidence presented in his book, many latched on to the romantic idea of one's "lifeblood" holding the answers to eternal health. Thousands lost weight, felt fitter, felt healthier. Celebrity endorsements inevitably followed - Courtney Cox-Arquette and Elizabeth Hurley, for instance.

With over two million copies of the book sold in more than 50 languages and

a string of related follow-on books like Cook Right 4 Your Type and Allergies: Fight Them With the Blood Type Diet, has any evidence to support blood group-related nutrition emerged?

To examine the proposition, we first need to consider the difference in blood types (O, A, B and AB) due to their chemical markers called antigens on the surfaces of red blood cells. Antigens recognise specific foreign substances and generate antibodies to tackle them. ABO blood type antigens consist of a "base" antigen, a carbohydrate chain of molecules called fucose. Type A is formed when another sugar, N-acetylgalactosamine, is added to the fucose chain. Type B is formed when a different sugar, D-galactosamine, is added to the chain. In Type AB, both sugars appear. In type O, neither appears.

Type O is the most common blood type today. The central premise holds that our inherited blood type reflects our bodies' dietary preferences, tracing back to meat-consuming hunter-gatherers (type O – 50 000 years ago), farmed cereals and vegetables (type A – 20 000 years ago) or lived wild peripatetic lifestyles consuming meat and dairy (type B – 10 000 years ago). Type AB, the "new" blood type, is a modern blend of A and B traits and characteristics, and is more suited to modern dietetic views of a "balanced" diet.

One of the most queried aspects of D'Adamo's book is the specific breakdowns of the foods each blood group should eat in quantity (highly beneficial), in moderation (neutral) and not eat at all (avoid) – based on lectins (a group of sugar-binding proteins found abundantly on our diet) in those foods.

Tom Greenfield, a naturopath and blood-group diet practitioner, says: "Some of the classification was achieved by in vivo studies, some by combining bloods and protein lectins under the microscope and some was derived from the huge amount of published research on lectins. A lot, too, was empirical trial and error by D'Adamo on his patients — a knowledge base built-up through years of practice.

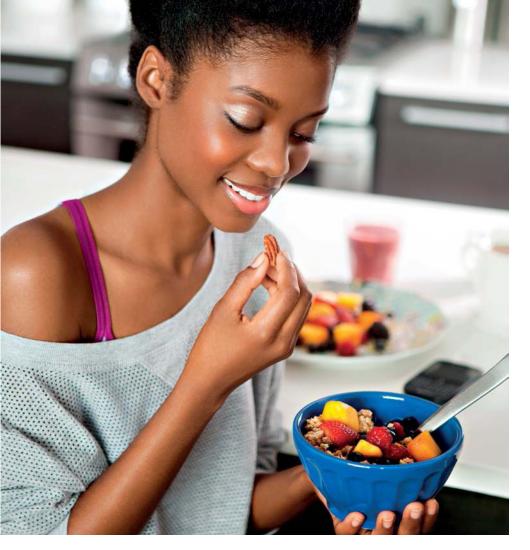
But is it reliable? Stephan Luis points out that blood can agglutinate (a gluing mechanism designed to help the body deal with invading or foreign cells, viruses or bacteria by clumping them together for easy management and disposal) on exposure to air or a glass slide. Furthermore, in vitro analyses bypass normal digestive processes: what happens in the laboratory may not be what happens in the body.

Protein scientist Dr Arpad Pusztai says: "The main problem with the theory is that there are very few lectins that are blood group-specific. Most lectins are panagglutinins, which means that they will agglutinate all blood types. There's a gap between the empirical observations and the published scientific work on lectinology. There are good observations that people experience beneficial or adverse reactions when

EAT FOR YOUR BLOOD TYPE

Can this diet provide an alternative for those SEEKING OPTIMUM HEALTH or can it be a solution TO LOSING WEIGHT?

BY ALEX GAZZOLA



Stokes puts this down to restrictions in numbers of available foods, and the inevitable consequential cut in calorie consumption. Others credit "feel-good" factors and the forced elimination of junk food.

In the absence of long-term clinical trials on large groups of individuals of all blood types, with positive results demonstrating improvements in health in those following D'Adamo's central principles, which Tom Greenfield admits would be highly desirable, and Dr Arpad Pusztai feels would be necessary, the blood type diet ultimately cannot be safely recommended as a lifestyle choice... at least yet. As Pusztai puts it: "We must take it to remain an interesting proposition, but it would need a great deal more work to substantiate it."

they consume certain foods, but the problem is there are not enough blood group-specific lectins in our foods to account for them."

So where does this leave the credibility of the plan? Tom Greenfield is supportive of tailored lectin-avoidance principles. "If you're constantly bombarding your body with lectins then your immune system is on constant red alert. This can overload it, bring on fatigue and leave you constantly prone to infections. If you remove them from your diet, your immune system becomes more discerning and does not feel constantly threatened. It can make a huge difference to people's health."

But most dietitians and nutritionists are quick to dismiss this diet, being principally concerned about the limitations placed upon followers. Caroline Stokes of the British Nutrition Foundation in the UK feels the dietary exclusions are without merit, and could leave some deficient in key nutrients. Nevertheless, people report greater vitality and weight loss.

EAT FOR YOUR TYPE

Dr Peter D'Adamo, author of the book *Eat Right 4 Your Type*, suggests you eat food that will agree with your blood type. If you are keen on trying his findings, here's a concise list of what kind of food you should eat or avoid.

Type O (hunter-gatherer)

- ► Consume high-protein, low-carb diets typically meat.
- ► Eliminate wheat and most other grains, as well as dairy products absent at the type of O's evolution.
- ▶ Engage in vigorous exercise to reflect the intense energy expenditure of "hunting".

Type A (settled vegetarian)

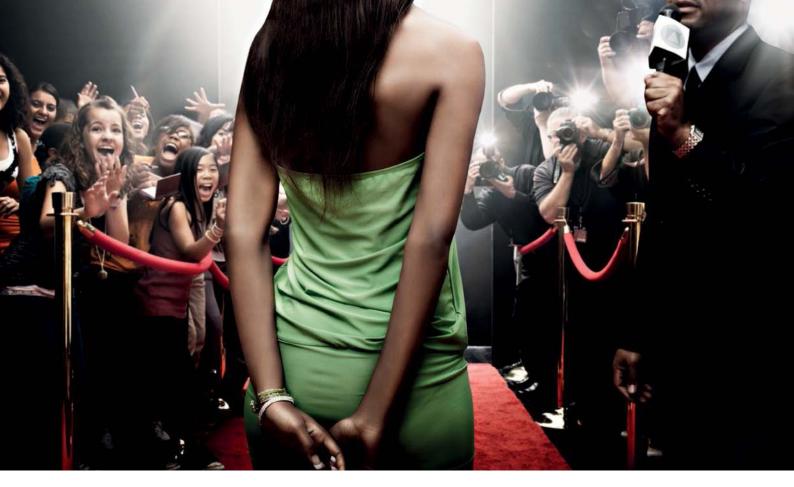
- ▶ Consume a high-carb, low-fat diet typified by vegetarianism.
- ► Eat grains and pulses.
- ▶ Avoid most meats.
- Enjoy only small quantities of dairy products.
- ▶ Engage in gentle and meditative exercise.

Type B (the nomad)

- ► Consume a varied diet including meat, dairy and vegetables.
- ► Engage in moderately active exercise, such as swimming.

Type AB (the chameleon)

- Consume a diet that combines type A and type B mostly vegetarian, but occasional meat, fish and dairy.
- ▶ Engage in gentle exercise and calming techniques.



Learn the DIVACODE

Diva used to be a bad word, with connotations of tantrum-throwing pop tarts, bitchy movie stars and terrific insults. Not anymore, though. "Being a diva is not the spoiled brat syndrome," says Michelle McKinney Hammond, author of *The Diva Principle*.

Hammond believes a true diva embraces and celebrates her femininity while leaving a lasting legacy that affects all who encounter her for the better. And that's precisely what the Diva Code is all about.

#1: BE TRUE TO WHO YOU ARE

Here's a secret: underneath all that makeup, that attitude and all those fabulous From pop
stars to executives
and politicians,
TRUE DIVAS
ALWAYS GET
WHAT THEY
WANT out of
life. You too can
LEARNA THING
OR TWO from the
Diva Code.

BY ANGELA LEE

dresses and diamonds, divas are still divas. They have completely internalised all their wants, needs and desires and have attained a mental state of Divadom that says: I have a right to want things; I know what I want; and I do what it takes to get what I want. True divas believe they are the greatest people in the world, that they are the movers and shakers of their community. And, because their belief is so deeply-rooted, they become self-fulfilling prophecies.

#2: KNOW WHAT YOU WANT

There never was a diva who wondered what to do with her life. If you believe

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you're a diva, then you are already half of what it takes to become one. The other half comes from knowing what you want. Start by writing a statement about what you want to achieve in five years' time; three years' time; one year's time; one month's time; and one week's time.

This exercise is harder than it looks. and is an eye-opener in itself. Your wants must be specific. Instead of saying: "By 2020, I want to be wealthy," say: "By 1 January 2020, I want to have R500 000 in personal savings." Wants should be worded in a way that excites your inner diva and gives it something definite to steer towards.

#3: BE A PERFECTIONIST

Divas don't settle for anything less than the best, both of themselves and of others. They demand a standard of perfection that puts them head-and-shoulders above their peers. They stand out because of the quality of their work, and if that means stepping on a few toes, well, so be it. Being hated by people who cannot meet their expectations is a small price to pay for perfection.

Note, however, that true divas make sure their own work is flawless before they criticise the work of others. Divas don't start demanding exceptional standards from the people they work with until their own standards are up to speed. So, if you don't have the discipline to write

your own self-development plan, don't expect others to do it.

#4: WORK VERY HARD

Every true diva in history has worked her diva-butt off to get where she is, from singer Britney Spears to chemist and physicist Marie Curie. Knowing what you want to achieve is only the beginning. Now, you've got to work for it, always keeping that allimportant attitude of perfection in mind.

To a certain extent, all divas are workaholics because to them, enough never is. Their attitudes of perfection constantly push their standards higher. Being good today means they work at being better tomorrow.

A word of warning, then: divas never "arrive", and if you want to be a true diva, then be prepared for a lifetime of hard work. Because when divas get to the top of their game and there's no one left to beat, they compete with themselves. A diva sets her own standards, and they are usually much higher than anyone else's. And every time she meets those standards, she moves them up a notch so she does not get complacent. Satisfying? Yes. Hard work? Definitely.

#5: DRESS THE PART

Divas know that the way they look on the outside is a reflection of the way they feel on the inside. Achieving divahood will, therefore, require some investment, both in terms of money and time. Do not be tempted into buying expensive stuff, though. If you are a professional, then your clothes must say "professional", whether you are at work or at a party. Conversely, if you are an entertainer, then your clothes must say "entertainer" - whether you are on stage or at a funeral. So, dress well. Lipstick, make-up, nail polish, shoes, accessories, tattoos — everything must be of impeccable taste. If you don't have it, find someone who does to help you.

#6: LEAD, DON'T FOLLOW

A diva gets other people excited about her. She develops an unusual charisma and is a powerful leader. People are inspired to work for her, and she uses them to achieve her goals. We call these people a diva's entourage.

Every self-respecting diva has an entourage that adores her and worships the ground she walks on. If you want to be a diva, you need one, too. An entourage serves divas at several levels, not least of which is to provide them with the necessary ego boosts when things get tough. Entourages remind divas who is number one, and this keeps them going. No one gets to the top alone. Some people hire life coaches, some lean on their spouses and others inherit from their grandparents. Well, divas use entourages. A word of caution, though: your entourage is your team, and they will take you where you want to go. Treat them with respect. Remember that a diva pushes herself first, not others. ■

FAMOUS DIVAS TO FOLLOW



She's always knew what she wanted and was prepared to do whatever it took to do get it. J.Lo financed her own singing and dancing lessons from the age of 19, dividing her time between working in a legal office, dance classes, and dance performances in Manhattan clubs at night. Today, she is a Golden Globenominated actress and a Grammynominated singer. She also owns a clothing line (J.LO) and a restaurant, and her fragrance Glow by J.Lo is said to have made history by being the top-selling perfume in more than nine countries in four months.



MARIAH CAREY

Her voice was voted the greatest in music on MTV and by Blender magazine readers. How did she do it? Well, she began singing around the age of three, with her mother as her coach. Through practice she achieved perfect, and is said to possess a vocal range of up to eight octaves. Her perfectionism has brought her five Grammy Awards from a total of 33 nominations since the start of her career in 1990, making her only the second most-nominated female artist in Grammy Award history behind Aretha Franklin.

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What's making you ANGRY?

Feeling RAGE OR ANGER is a reason for concern but not for alarm. Know the LEVELS OF ANGER, the CAUSES and when to SEEK HELP.

BY LISA THABETHE

Who hasn't felt it? That fists clenching, teeth grinding, eyes blazing kind of rage that makes you want to strike out? It could be at your spouse, your boss, your colleague, your mother in-law, your helper or the driver of the car that's been tailing you and hooting like crazy. "Everyone gets angry. But that doesn't mean you need psychiatric help. The trouble starts when you cannot control it. When you are getting violent, throwing things or losing control and screaming, then you need to seek professional help," says psychiatrist Kersi Chavda. "Cases such as this are extreme and are the result of other deep-rooted psychiatric disorders. Normal anger, however, is more common," he says.

Tumi, 34, is a Cape Town-based fashion designer. She had just started as an assistant at a top fashion label when she got married. "Initially everyone in my husband's family was extremely supportive, showing off to all their relatives that their daughter-in-law was doing well in the fashion industry. Soon there was a subtle change in their attitude. I could feel that they did not like me working. I got pregnant, and after the baby, I was expected to stay home and take care of the child," she says.

Tumi, who had a dream of creating her own label, felt frustrated. Her husband never had time for her and they argued about small things. Her son was bearing the brunt. If her husband returned home late, she would beat her little boy to sleep. If her mother-in-law said something, she would take out her anger on him. "Eventually the family took me to a psychiatrist and with counselling, everyone came around to me returning to work," says Tumi, who now teaches at a nearby college twice a week and doesn't feel frustrated as she has found an outlet for her creativity. A lot of us may be angry for less dramatic reasons. Though it may seem unlikely, anger and irritability can often stem from underlying physiological reasons. "Before looking for psychological causes for a person's angry outbursts, we first carry out a complete physical examination. Most people are not aware that iron deficiency may be the reason they feel angry all the time," says Chavda. A shortage of vitamin D and B12 may also contribute to your bad mood. "Nutritional deficiencies can



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manifest in increased irritation and when this is combined with lack of sleep, the irritation can get aggravated to unexplained angry outbursts," he adds.

After Durban-based Diana, 38, was diagnosed with diabetes, she started flaring up at the smallest things. "I was constantly shouting at my helper without realising it. I only got the wake up call after she threatened to quit. I understood that I was actually expressing my helplessness at getting afflicted with a disease that I would have to live with for the rest of my life," she says. Chavda explains that anger is also a symptom of depression. "When depression turns outwards, it manifests in snapping and snarling at everyone around." Though it is playing to stereotypes,

there's some truth to that nasty comment about a snarly boss – that she's probably PMSing. Premenstrual syndrome can cause intense mood swings as can polycystic ovarian disease (PCOD). It's only after all the physical reasons are ruled out that a psychological evaluation is done. Bipolar disorder, where the patient swings from extremes of high excitement to intense lows, is very common. "Medication can help bipolar people lead normal lives. But if medication is stopped midway, then a relapse is possible and more difficult to treat," says Chavda.

Given that all of us feel angry at some point of time, the most important thing we have to know and acknowledge is when to seek help. "Most patients come to us because the people around them feel that they are losing their temper too often – that the episodes of 'acting out' are getting more frequent and increasing in intensity," says Chavda.

Recent research shows that inappropriately expressing anger can be harmful to your health. Reactions such as keeping anger inside, seething with rage or having violent outbursts could lead to unwanted effects, both emotionally and physically. Long-term and intense anger has been linked with mental health problems including anxiety and self-injury. People with a long-term anger problem tend to be poor at making decisions, take more risks than others and are more likely to have a substance abuse problem.

Also, bottling up anger might aggravate chronic pain or lead to sleep difficulties or digestive problems. There's also some evidence that stress and hostility related to anger can lead to colds, flu, cancer, high blood pressure and heart disease. So instead of avoiding getting angry, express your anger and be free of tension and resolve issues or problems when they arise.

TAKE CONTROL

Managing anger can be a challenge for all of us. However, there are many techniques you can use to get a handle on the situation. When anger strikes, consider the following:

- ➤ Take a time-out: Before you react, take a moment to breathe deeply and count to 10. If necessary, step away from the situation until your frustration subsides.
- Get some exercise: As your anger builds, but before it erupts, take a brisk walk, a healthy run or engage in some other physical activity. Stimulating your brain chemicals can leave you feeling happier and more relaxed.
- Think before you speak: Before you say something you'll soon regret, collect your thoughts and allow others involved in the situation to do the same.
- ► Identify possible solutions: It's natural to focus on what made you mad or upset. Instead, assess the situation and remind yourself that anger isn't the answer and won't lead to a solution. In fact, it might make matters worse.
- Don't hold a grudge: Forgive. Don't let anger and other negative feelings crowd out the positive ones. If you can forgive someone who angered you, both of you might learn from the situation. It's unrealistic to expect everyone to behave exactly as you want at all times.

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CLASSICS MODER TIMES

FIND MODERN WAYS to wear these ALL-TIME FAVOURITE staples to work.

BY SIYAMTHANDA MTSHEMLA

PHOTOGRAPHS JURIE POTGIETER







MARCH 2015 $\mid 77$







<u>LEATHER</u> is hard. <u>SOFTEN</u> it with <u>FEMININE TEXTURES</u> and <u>PLAYFUL TROPICAL PRINTS</u>.

BY MBALI SOGA

PHOTOGRAPHS JURIE POTGIETER



Opposite: Jacket R999,95, Mango; Dress R759, Zara; Earrings R199 both Topshop; Bracelet Price on request Cartier



Dress **R659**, Zara; Sunglasses **R2 593**, Prada at Luxottica; Earrings **R199** Topshop; Bracelet **Price on request** Cartier

Skirt **TBC**, Sweater **R599**, Mango; Sunglasses **R2 572,50** Giorgio Armani at Luxottica; Heels **R1 099**, Earrings **R199** both Topshop; Bracelet **Price on request** Cartier

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Opposite: Top **R549** Country Road; Skirt **R4 950**, Democratic Republic; Earrings **R199** Topshop; Bracelet **Price on request** Cartier



Top **R1 995**, Democratic Republic; Skirt **R749**; Earrings **R199** both Topshop; Bracelet **Price on request** Cartier



Jacket **R4 950**, Democratic Republic; Top **R599**, Forever New; Skirt **R699** Country Road; Earrings **R199** Top Shop; Bracelet **Price on request** Cartier

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BEAUTY TRENDS and CELEBRITY HAIR LOOKS that rule this season.



IMAGE Gallo Images/Getty Images



LOVE THE SKIN YOU ARE IN

From your *HAIR* and *FACE* to your *BODY*, we give you an *A-Z* of body *OILS*.

BY MBALI SOGA

romatic oils

Aromatic or fragrance oils are compounds that are diluted with a vegetable or mineral oil (think of a scent mixed with oil). Some examples include vanilla, ylang ylang, sandalwood or lemongrass. These are found in soaps, shampoos and candles and are known to rejuvenate mind, body and soul. Next time you are feeling down, try jasmine or bergamot.

Balance the skin's PH level Our skin is supposed to work optimally to produce enough oil and act against environmental damage. The PH balance refers to how acidic or alkaline your skin is. On a scale of 1 to 14 (1 being acidic and 14 being alkaline), your skin is at its best at 7. Many factors influence the scale. Soap strips the skin of oils and increases its alkalinity, and we produce fewer oils the older we get. Body oils work to replenish the skin's natural barrier.

Cuticle Oil
Suffering from dry, brittle and peeling cuticles? Use a cuticle oil daily! The oils act as a protective barrier and prevent further moisture loss. Look out for ingredients such as vitamin E, tea tree, jojoba or avocado oils. For extra care, wear gloves when doing laundry or washing the dishes.

To keep hair healthy, try a hot-oil treatment at home. You can do it yourself or buy one at your nearest stockist. Heat a combination of coconut oil, castor oil and olive oil in a saucepan. Let it cool to slightly above room temperature. Apply to freshly shampooed hair and leave on for 15 minutes. Rinse the oil off. >

PHOTOGRAPHS NICK BOULTON

E motional wellbeing
Our sense of smell is directly connected to our
mind and emotions. Inhaling fragrance can change
both. Oils are also absorbed into the bloodstream when
applied on the skin. They have antibacterial, antifungal
and antiviral medicinal properties, which boost the
immune system.

Pace oil
A nourished face equals healthy, glowing skin. Use face oil at night, after your cleansing routine, to ensure enough absorption time.

low-getter
Spritz dry oil onto your skin for all-year-round glow.
What is a dry oil, you ask? It's a non-greasy, light oil which leaves a semi-matte finish on the skin – yielding a subtle glow.

Petroleum based oils lock out moisture and leave hair dry. Opt for lightweight Argan and Moroccan oil, which penetrate the hair shaft and restore shine and softness while strengthening your locks.

Island style
The all-purpose coconut oil hydrates your hair and skin and has anti-inflammatory, antibacterial and antioxidant properties. Wear it on your lips, as a deodorant, to soothe eczema and to fight dandruff – the list is endless.

Tojoba oil
This seed oil is almost identical to sebum, the natural oil secreted by the skin. Jojoba is used as the base oil for numerous beauty products. It keeps hair and skin hydration levels balanced.

The quickest and healthiest way to remove stubborn waterproof make-up is with oils. Use anything from olive oil to coconut oil. Cleansers strip the skin of moisture leaving it dry, which leads to the skin overproducing oil to overcompensate, leading to oily skin.

ittle goes a long way
Use body oil sparingly – 2 to 3 drops per application.
Some body oils have high concentrations of essential oils that are too heavy for the skin, especially on the face.

Value plus
Body lotion vs body oil? Both provide muchneeded moisture but lotions are a combination of oil and
water and need preservatives to keep from going rancid.
These preservatives are sometimes harmful to the skin.
When going the oil route, choose natural oils.



The new breed of wonder oils are multi-purpose: apply during your bath or shower or afterwards.

Oily skin cure
Take care of oily break-out prone skin with tea
tree oil, which has antibacterial properties. Grape seed
oil regulates the skin's natural oil production.

Post- or pre-cleansing
If you suffering from extremely dry and scaly skin, apply a body oil before you take a shower or bath. You'll feel how much softer your skin feels!

Oil treatments date back centuries. Ancient Egyptians blended olive oil with fragrant herbs and used them during beauty treatments. Queen Cleopatra is said to have owned the first beauty spa in Africa and used oils for bathing, hydrating and perfuming.

Permove dead skin cells
For a body scrub that leaves skin feeling hydrated and supple, mix the juice of a freshly squeezed grapefruit with sugar and avocado oil. Use once or twice a week for even-toned skin.

Carring
Tissue oil is one of the best solutions for scars and stretch marks. Made with a combination of omega oils from plants like flax, marula and rosehip, it makes skin more elastic so it's able to stretch without leaving a mark.

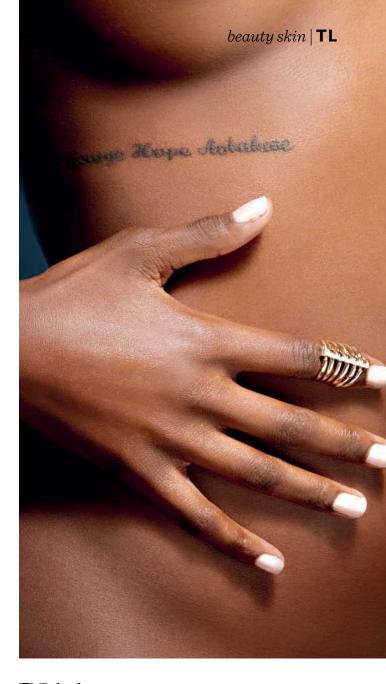
Treatment oils

Target your problem areas with these tailormade treatment oils!

oils work wonders for anti-ageing. They protect against free radicals and are easily absorbed into the skin hence plumping it up and help with the absorption of anti-ageing products.

Very sensitive skin
If your skin is easily irritable, choose the correct
face oil for it. Avoid essential oils and scent essences
as they are too concentrated. Avocado or coconut oil
is also a no-go for acne prone skin.

/ ash-friendly oils
These gentle cleansers work well on all skin types. They remove all traces of dirt and make-up, and leave a protective layer on your skin as well as helping to retain moisture.



-hale
Get rid of bad breath instantly with oil pulling. Hum?
Oil pulling is an ancient Ayurvedic technique to keep your mouth healthy. What you do is put a tablespoon of coconut oil in your mouth. Swish it around and through your teeth for 15-20 minutes then spit out. Bacteria and plaque get stuck in the mixture, hence it turns a milky colour.

Yswara brings you their premium range Johari la Africa Massage Oil, R740. These aromatic candles are made using a combination of essential oils traditionally used on the African continent, like litsea cubeba, patchouli and labdanum.

Zeitgeist
The time is now for body oils. Use sparingly and witness the results on your skin!



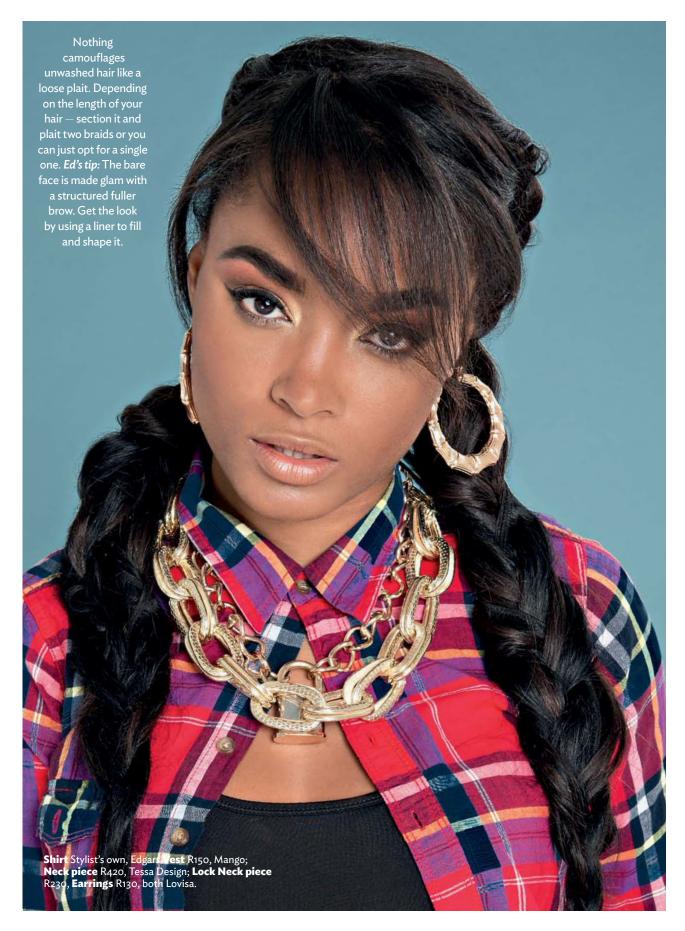
Use a headscarf, cap or hairband to glam up on a *BAD HAIR DAY*.

BY MBALI SOGA

PHOTOGRAPHS TEREZA CERVINKOVA



www.truelove.co.za MARCH 2015 \mid 93



| MARCH 2015







Enriched with Natural Oils

Caivil's Fusion Oil range is a performance-driven formula that encourages repair in traumatised hair.

Transform your hairline using natural oils and extracts with unique essential vitamins, and help rapidly restore your hair growth.

- Black Castor and Coconut Oils help to strengthen hair, decrease breakage, and aid in hair growth and thickness.
- Argan Oil adds natural shine and manageability to hair
- Neem Oil and Tea Tree Oil promote a healthy scalp and supports hair growth
- Lavender and Rosemary Oils are effective in calming itchy, irritated scalps
- Avocado Oil and Olive Oil for conditioning and nourishing the scalp

With regular use and a good hair care regime, Caivil's Fusion Oil range encourages growth, creates luminous shine, and helps to transform your hair with great results.



Fusion Oil

MICRO BRAIDS

Braids are versatile and easy to style. When rocking the red carpet, Unathi prefers an updo that is chic, but she's open to other styling options. "I enjoy experimenting with different sizes and textures with my braids, just to add a touch of pizzaz," says the *Idols SA* judge.



PLAITS AND CORNROWS

Braids can cause hair to break. To keep the hairline healthy, Unathi alternates with cornrows, which are much kinder to the hairline when plaited without extensions. Be sure to nourish the scalp weekly to prevent dryness.

When she first graced the cover of TRUE LOVE in 2006, Unathi spotted a gorgeous afro. In 2013, when her success saw her on the cover of TRUE LOVE again, Unathi elegantly wore her hair in micro braids. Since then braids have become her signature style, showing us different ways to wear them.

her BRADSON

UNATHI MSENGANA easily switches between BRAIDS AND PLAITS, a perfect style for an entertainer on the go.

BY NTHABISENG MAKHOKHA



SCHWARZKOPF SMOOTH 'N SHINE HAIR & SCALP CLEANSER

This will keep your hair refreshed and smelling great. Just apply, leave for a few seconds and wipe off.



MPL HAIR OIL SURE TO GROW

This oil fortifies your hair strands while promoting healthy hair growth. Use up to three times a week.



DARK AND LOVELY AMLA LEGEND OIL REFILL HAIR WASH

This nourishing wash infuses moisture and essential oils into the strands of your hair, leaving it silky and soft.



JABU STONE MOISTURE TREATMENT SHAMPOO

This will revive the sheen in your hair if used daily with the aloe enriched spray.



SOFN'FREE SCALP THERAPY

This scalp therapy will minimise itchiness, restore moisture and promote a healthy hair.



For years, moms have trusted our gentle approach to hair care.



Keep your child's hair clean

Wash your child's hair at least once a week, then use Just For Kids Hair and Scalp Nourisher to take care of dandruff and itch.



Don't let hair get too dry

Use Just For Kids Pink Oil Moisturiser, Just For Kids Hair Food, or Just For Kids Scalp Soothing Oil Moisturising Spray to relieve itchy irritated scalps.



Take care of tangles

Use Just For Kids Detangler Spray to help with those messy bits. When your child's hair becomes really hard to comb, check if it's time to use the Just For Kids No-Lye Relaxer.

Just for Kids' gentle products moisturise & condition your scalp, putting a stop to itching and scratching. Hair becomes softer, smoother and more manageable, so no more crying. It's just easier.

RELAXER KIT KIT ALIGNITE NO-19e Relaxer No-19e Re





Eucerin EVEN BRIGHTER product hampers worth R29 670.

ucerin EVEN BRIGHTER provides highly effective action, repair and protection for a visibly more even and brighter skin tone after four weeks of regular use.

Many conventional formulas on the market treat dark marks on a superficial level. Eucerin EVEN BRIGHTER is a new generation of skin brightener that works deeper within your skin to reduce darks marks at the source. The Day Cream contains SPF 30 for daily UV protection, the Spot Corrector pen allows you to accurately apply the solution to dark spots, while the Night Creamencourages overnight repair. The range is available at Clicks, Dis-Chem and pharmacies nationwide.

Stand a chance of winning one of 43 Eucerin EVEN BRIGHTER hampers valued at R690 each, comprising:

- ► Eucerin EVEN BRIGHTER Day Cream
- ► Eucerin EVEN BRIGHTER Night Cream
- ► Eucerin EVEN BRIGHTER Spot Corrector



TO ENTER, SMS THE WORDS TL EUCERIN EVEN BRIGHTER, YOUR NAME, SURNAME, RESIDENTIAL AND EMAIL ADDRESSES TO 33443. STANDARD RATES APPLY. PREMIUM RATES APPLY. FREE RATES DO NOT APPLY. COMPETITION CLOSES AT MIDNIGHT ON 22 MARCH 2015. SEE ADDITIONAL TERMS AND CONDITIONS ON THE CONTENTS PAGE.



RADIANTLY FRESH

Your wake-up call for a radiantly fresh look: NEW NIVEA Q10 plus Anti-Wrinkle Energy Range.

Awaken dull, tired looking skin with the newly launched NIVEA Q10 plus Anti-Wrinkle Energy Range. From our twenties, the first signs of ageing start to show with fine lines and wrinkles. The Nivea Q10 plus Anti-Wrinkle Energy Range comprises an Energising Day Cream SPF 15, Energy Eye Roll-On and Energy Serum. The skin-energising formula combines coenzyme Q10 and creatine, found naturally in the body to boost the skin cells' energy from within. This allows skin to repair and renew more effectively, thus slowing down the natural cell ageing processes. The Day Cream further contains goji berry extract, which immediately awakens the skin for a fresh look. For extra care, the Energy Serum has hyaluronic acid, which binds moisture in the skin to plump it up while smoothening wrinkles from the inside out. The instantly cooling Eye Roll-On decreases puffiness and refreshes skin around the eyes.



TO ENTER, SMS THE WORDS TL NIVEA Q10 ENERGY, YOUR NAME, SURNAME, RESIDENTIAL AND EMAIL ADDRESSES TO 33443. STANDARD RATES APPLY. PREMIUM RATES APPLY. FREE RATES DO NOT APPLY. COMPETITION CLOSES AT MIDNIGHT ON 22 MACRH 2015. SEE ADDITIONAL TERMS AND CONDITIONS ON THE CONTENTS PAGE.





WORK spaces that MOTIVATE

Can an office space *IMPACT YOUR CREATIVITY?* We take a look at *FUNCTIONAL WORK SPACES* that inspire.

BY ZAMAHLASELA GABELA

Towards the end of last year, the TRUE LOVE team was informed that we'd be moving offices early this year. The news induced anxiety in some of the staff members who fear dull, grey walled office spaces which, sadly, are a reality for many South Africans. Many asked questions like 'what will the new building look like?' 'Will I still have my desk by the window?' And 'are we going to get new office furniture?'

The environment you work in is almost as important as the work you do. Some people walk into their places of work every day to be greeted by cubicle-style furniture, poor lighting or no natural light and cramped spaces. As a creative, I understand and know the importance of being intellectually stimulated in an environment that encourages creativity.

Mark Evans, of ME Consulting, a social media and content consultancy, says there are major benefits to having an office that people like going to.

"Companies look for ways to inspire and motivate employees to work more productively at a time when lean and mean is still being embraced. This includes the lack of cubicles, which tend to kill collaboration and a sense of community in an attempt to give privacy to each worker," he writes on globeandmail.com.

Creating a productive and creative space can be tricky. It's an art that many employers haven't quite embraced yet, but those who have, seem to have really caught on to the growing trend of imaginative and exciting office spaces.

Situated on the outskirts of Johannesburg's central and trendy business district, Instant Grass, Braamfontein is a youth insight and strategic development agency connecting with businesses and consumers in order to collaborate on various projects. "The décor is modern, fresh and light — it doesn't take itself too seriously while still maintaining an air of professionalism," says manager Jess Jorgensen.

In this type of workspace, choosing where and how you work is essential. "We looked at the space from an architectural and interior design perspective to allow for an open-plan environment with multiple nodes for working, brainstorming and collaborating," says Jess.

You can either sit at the big communal table that allows everyone to sit together for discussions or to work on group projects. If that's too cosy, a curtained-off private space is also available. The space also offers a relaxing atmosphere, where you can let your ideas flow. "The swing, ping pong table and TV introduce a playful mood, which helps stimulate human interaction and creative idea generation," she adds.

Nothemba Mxenge, a career coach and founder of Epiphany Consulting says the philosophy of everything has a place, everything in its place comes in handy when organising an office space. "An ordered, clean, functional and aesthetically attractive workplace is key to an easy and work-friendly environment," she says.

BRINGING THE OUTSIDE INSIDE

One may wonder if such a space really does incubate a culture of creativity,

allowing employees to be alert and as productive as they can be. "I can honestly say that there hasn't been one person who has walked into our offices and had anything negative to say about it. I really believe that the design has had the desired effect of having an environment that allows for high levels of creativity and productivity and a balance between work and play. Creativity often requires that we play at work," says John Gale, MD of Ogilvy & Mather Durban. In her recent article. Designing a better office space, published in Entrepreneur, reporter Lana Bortolot writes: "What industry experts believe to work is a space that fosters transparency, offers multiple choices as to how and where to work and an environment that imitates life outside the office."

John says they've certainly captured this sentiment through the design of their workspace. "We have introduced a 'harbour feeling' in the building to accentuate our location," he says. For a fun, quirky and creative space, they were inspired by a brothel design when creating the company's boardroom. "This area was notorious for its brothels and so in our boardroom we've created a pressed ceiling and used some dark red shades and patterned carpet, which contribute to the mood of a boudoir that one may associate with being inside a brothel. It's a bit of fun and adds to the storytelling opportunities for our location," he elaborates.

OPEN PLAN CHARM

Daddy.O Cape Town relied on a simple but functional design approach, complemented by schoolroom references — from the green chalk boarded boardroom walls to the old metal frame school desk. "The result is a delightful climate-controlled environment offering a relaxed professional atmosphere conducive to getting things done. Many corporates also use the Daddy.O boardroom for its off-site creative strategy sessions," says co-founder George Gabriel.

What has become increasingly popular these days are communal office spaces where freelancers and independent professionals get the opportunity to work in a shared office environment. For Daddy.O, this translated to a space that's functional and unique yet still has a sense of community and business synergy. Warm acoustics and natural light were a must. "We wanted the workspace to offer our members and guests the possibility of knowledge sharing, networking and collaborating on new projects," adds George.

It seems as though these "new age" offices are the way to go. Not only have they proved to harbour a culture of fun and creativity, but they can boost the general morale of employees. Note, though, that changes don't always have to be dramatic, as the smallest addition can make a big difference to your team's work ethic.







MONEY HABITS THAT PAY OFF

ADOPT A GOOD APPROACH TO MONEY and get your cash flow on track.

BY LOUISE PYNE

Whether you are saving to buy a house, upgrade your car or you want to boost your pension fund, there's no better time to start thinking about safeguarding your finances than now. "People often push finances to the back of their mind, thinking, I'll deal with it when I get there'," says Anita Nail, consumer editor for vouchercodes.co. uk. "Later they are surprised when they can't get a home loan or have enough money for the wedding they desire because they didn't save enough."

Wanting security for the future is one thing, but most of us are guilty of everyday slip-ups that can have a long-term effect on our financial stability. With new research showing that one in seven people takes on an extra job just to keep their heads above water, here are smart solutions to get your finances ahead.

1. STICK TO A BUDGET

Many people have a love-hate relationship with budgeting, but if you want financial freedom, that's the first step to take. Start by keeping a record of your daily expenses. "Carry a notebook or log your expenses into your smartphone. This enables you to see what you're spending your money on, work out what you have left to spend and identify your spending triggers," recommends Anita.

It's important to get realistic about your regular payouts, too. "You'll be surprised at how many payments you hadn't accounted for when figuring out how much you have left on your monthly salary," continues Anita. After working out your monthly payments, you'll be in a perfect position to start making the necessary tweaks. "You'll need to review your plan and be flexible while you get used to what works for you. Be realistic because too tight a budget can frustrate you and one that is too big will be useless if it doesn't suit its purpose."

2. IMPROVE YOUR CREDIT SCORE

Your credit rating has a massive impact on what you can do financially – from taking out loans to getting on the property ownership ladder. Build up your score by making sure you space out applications for credit cards and keep up to date with your monthly repayments.

"Another way to keep out of the red is to keep a spending diary," says Anita. "It sounds dull but there are apps that will do this for you, like Spendometer (free from iTunes). This app makes day-to-day money management simple. It enables you to set yourself a budget, log all your spending and review your spending reports," she adds.

3. BE OPEN ABOUT SPENDING

One in 10 people put money as the number one reason why their relationship ended, while a surprising 15 percent confess to lying to their partners about credit card purchases, according to a study by comparison site *Moneysupermarket.* com. Splurging on stuff you don't need and then hiding it from your partner breaks trust in your relationship. So ask yourself if a designer handbag is worth that?

Sacrifice a couple of guilty pleasures and not only will your bank balance grow, your relationship will, too. And be aware that secret spending can be a sign of something deeper. "Either you have a treat yourself weakness, where you feel you 'deserve' something for X, Y and Z in your life, or you spend to feel better emotionally," says Anita.

"Aside from the guilt you feel and the impact of getting found out, if you do end up accumulating secret debt, your spending could have a serious impact on your partner financially. If you are not even using what you buy, then it's a sign you need to seek advice and help for your habit," she advises.

4. BE MONEY SAVVY

You can save a lot by avoiding taking out annual gym membership. Use free trial vouchers while you decide whether you need membership or not. Keep in mind that access to a swimming pool, sauna and steam room will drive up your monthly fee, so make sure you don't pay for the facilities you can do without. Also try month-to-month membership as an alternative.

Build a fashionable wardrobe on a budget by shopping at second-hand shops or sales. These are much cheaper and more fun. Take advantage of training days at high-end salons where you can get your hair done by a trainee stylist at a fraction of the normal price.

Avoid enormous annual premiums by shopping around for quotes on the best insurance policy rates. Ditch the credit card and pay with cash instead – that way you know exactly how much you are spending. "Dealing in cash gives you a much clearer idea of how much you're going through daily. Take R200 out for the day and it's likely you'll be shocked at how much is left by 6pm. If you know you need flexibility to spend more set a weekly budget,' she suggests.

Good money habits start by making small tweaks – how you think and use money can be the step in the right direction to financial freedom. ■

Material GIRLS

Can FRIENDSHIP SURVIVE when one has MORE MONEY?

BY LAURA MARCUS

ow can you remain friends with a material girl if you're struggling to pay the rent while she worries about her next car upgrade and latest manicure trend? It happened to me. I once found myself friends with a millionairess when her husband suddenly became a tenderpreneur. We thought our friendhip was strong despite her new circumstances but it dawned on me we were wrong the day we went out for lunch at a top restaurant.

Throughout the meal my friend found reasons to complain. The food and service were not dreadful – they were excellent; her manners were not. I was so embarrassed. When I offered to pay my share of the massive bill (I'd saved for a month) she waved my money away in a dismissive manner and paid with her platinum credit card instead.

I'd be lying if I said I wasn't jealous. While she went on shopping trips and got invited to celebrity events and socialised in BEE circles, my life trundled on much as before. We weren't just on different pages - we weren't in the same book. It got to the point where all we could share was the past and we couldn't maintain a meaningful friendship on do-you-remember-whens. We tried to remain friends, for old times' sake, but we drifted apart. Money changes you. Lack of it makes you antsy, fearful, cautious and insular; having it does the complete opposite. It takes a very special friendship to override all this, especially in a world where accumulation of money is increasingly how we are all measured. But therapist Elisabeth Laurence says it's not so much the gap in incomes between friends that determines whether it will affect the friendship or not-it's how the money was acquired. She explains: "Winning the lottery can bring far more misery than happiness because money doesn't take care of itself. You have to make all kinds of decisions about it that you might not be used to making. And it can be a huge shock, a sudden change in your circumstances, and that can cause big problems."

So it's the change in your circumstances that does the damage rather than the money itself, says Laurence. She reckons it's easier to be friends with someone who is already rich because they are already living that lifestyle.

Psychologist Michael Argyle, who has done a lot of research into what makes us happy, says a miserable person who suddenly wins or acquires a lot of money is just as miserable afterwards – the money doesn't change their basic personality. Likewise, a fairly happy person remains happy and upbeat even if something terrible happens to them. Money doesn't define who they are.

Furthermore, Argyle says that happiness depends much more on friendship. So a person who starts alienating her old friends after a big promotion and salary increase could find herself with new friends who only like her for her new status.

Both Argyle and Laurence argue that friendships can in fact survive wealth gaps - provided you both care enough for the friendship. But this is usually not the case. "The friend on a tight budget usually feels inadequate because they may feel convinced their friend won't want them anymore or may find them boring compared to the fascinating new people they meet," says Laurence. "But a true friend could welcome honesty from someone who has known them before they were wealthy. Perhaps they'd like to be reminded who they really are and enjoy being themselves," she adds. The wealthy who make an effort to maintain friendships and understand that paying for everything is not the way to do that, also stands a greater chance of being happy with or without her cash, adds Argyle. This is because they recognise what really matters in this world - people. You just have to try harder, that's all. And to do that, you have to both want to, because having similar circumstances is both



the attraction and the glue to forming friendships with people, especially if those circumstances are in adversity – such as working for a crap boss or splitting up with respective boyfriends at the same time. When you don't share everyday experiences, it's harder to maintain the same level of closeness – but it can be done.

Perhaps it helps to be in the same business? Not necessarily. Cindy, 36, a successful franchise owner, left many bitter ex-friends behind when she began her rise to the top. One of them, a former colleague she worked with as a waitress before success beckoned, is full of bitterness and rage though she wouldn't admit it. She thinks Cindy's success was pure luck. This isn't fair, is it?

Without doubt luck has as much to do with "makingit" as hard work but then so does persistence, tenacity, self-belief, single-mindedness and even a fair sprinkling of ruthlessness. Perhaps the former colleague just didn't have the staying power or the application or even the desire? If you do have a friend who made it, it doesn't help if you're bitter about it or green with envy. The only person this harms is yourself and it's far better to throw yourself into your own happy life and find a different kind of success.

Those who are most unhappy are those who constantly compare themselves to others, according

THE FRIEND ON A TIGHT
BUDGET USUALLY FEELS INADEQUATE
BECAUSE THEY MAY FEEL CONVINCED
THEIR FRIEND WON'T WANT THEM
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COMPARED TO THE FASCINATING
NEW PEOPLE THEY MEET.

to Oliver James, an author and psychologist. James believes it's not being poor or rich that causes difficulties but feelings of being "one down" to others so that no matter how much you acquire, it's never enough, you're on a constant upward drive to get more and more. So, that rich friend of yours is as likely to be miserable as you are, and for maybe the same reasons – though it'll be hard for you to empathise that she can't afford to move into a 16-bedroom mansion, from the 12-bed one she currently occupies, when you can barely afford a one-bedroom converted flat with a shared garden and front door.

The key to maintaining friendships across the income divide? Banish these judgments. Dissociate your income from your identity.

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IS YOUR CHILD SPOILT?

Being OVERINDULGENT AND TOO
LENIENT to your child can be as
HARMFUL AS NEGLECTING HER.
The effects are the same.

BY NIKKI HILL

he looks like an angel and your natural inclination as a parent is to yield to her every need and request. But beware! Being overindulgent can lead to a child with underdeveloped social skills, as she understands relationships as only about receiving and not giving or sharing. She might also be lacking in life skills, as she's always dependent on you to solve her challenges. As an adult, your child will

find it hard to cope with the demands of life, much the same as the child who's been neglected. Setting age-appropriate boundaries will help her learn about taking responsibility and respecting others. It will also encourage her to solve problems without relying too much on your input.

Flicky Gildenhuys, a parenting educator, says: "Teaching your child concern for others and making her aware that actions have consequences will help her grow to be a responsible adult. The best antidote to spoiling is to encourage a sense of gratitude and appreciation from an early age."

A spoiled child is self-centred and demanding, inconsiderate of others and unpleasant to be around. She sees herself and her needs as more important than everyone else's and does everything she can to get what she wants. However, it's important to differentiate between age-appropriate and selfish behaviour. Experts say that true selfishness only starts when children are between the ages of four and six. Before then, they simply want their emotional and physical needs met.

It's good to note that from birth to six months, your child can never get enough cuddles and, by responding to her needs for tactile reassurance, you're simply instilling a feeling of emotional security that her needs will be met in her "new" world. Studies show that if parents respond quickly and consistently to a crying baby, she tends to be more secure in her environment, resulting in fewer mishaps by the end of her first year. However, if parents aren't consistent or rarely





respond to their child's needs, she might tend to be clingy as she's deprived of attention and affection. As your baby matures, your communication and interaction with her also need to change. Once your child reaches her first birthday and starts to develop her own will, she will challenge every word you utter. This is a good thing because it shows that her personality is developing and she can think about things, however, this is where parenting skills are tested because you have to say no and explain your reasons clearly while also showing love, support and understanding towards her. As parents, this is where we are likely to lose the plot, unintentionally of course, by giving in to her demands. This is the time to foster boundaries.

But remember that what seems like bad behaviour may simply be normal development at this early stage in her life. It's not unusual for a two-yearold who's refused a toy to throw a tantrum. Your toddler is just beginning to use her language and

> TRUE SELFISHNESS ONLY STARTS WHEN CHILDREN ARE BETWEEN **THE AGES** OF FOUR AND SIX.

physical skills to have her needs met. As a parent, you'll need to perceive this aspect as her attempt at being independent; it's part of growing up. A tantrum is a sign of frustration. With time, patience and parental guidance, kids can learn acceptable ways of communicating and getting their wants and needs met. Although young children may behave poorly because they don't yet have the necessary skills to act appropriately, there are some things that we can do as parents to ensure good behaviour.

Your warmth and affection will also encourage her to respond positively to your guidance. However, children who don't receive enough positive attention may try to get it in negative ways such as throwing tantrums, whining and being clingy. Focus on the positive things your child does when she's happy, such as saying, "You look like you're really enjoying that toy." Regularly saying something kind removes the need for your child to demand attention while it helps her gain confidence. Sometimes children act spoiled when parents do too much for them. It's never too early to encourage your child to act responsibly. As soon as she can understand instructions, it's the perfect time to let her do some things for herself, like putting toys away. Most preschool-age children can dress themselves and brush their hair, so let your child do that. Complete the tasks together a few times, then gradually let her do it on her own. This teaches her to be self-reliant, trust her abilities and improve her self-esteem among other positive things.

Author and clinical psychologist Diane Ehrensaft says parents are often caught up in a seesaw of parenting too little or too much. She says, "We parent like Tarzan on a rope, wildly swinging from never being there enough to being there far too much. If children don't get attention from you, they might feel they're not worth spending time with. Even though you might be showering them with gifts, their self-esteem might be shrinking as their stack of toys grow."

On the subject of toys, while it's good to buy your child toys, especially educational ones, try to avoid comparative demands like buying the same toy as the one your neighbour's child has, because this will result in your child having unrealistic expectations of you and the world around her. Her requests will get bigger and more expensive as she grows up.

Your child needs a reference point from which to grow and develop. As a parent, you have to be there for her to teach and guide while also giving her enough room so that she can put her skills to the test with the knowledge that you are always there to support in the event that she needs it.

Your child wants to know that you are in charge; that is why they need routine. If you set rules but don't enforce them, your child may think that rules don't apply to her. This will also make it harder to follow routine. Firmly enforce rules that you both agree to and make sure she understands them clearly. Encourage her to stick to the rules by introducing a reward system such as giving her a treat once a week if she has adhered to all the rules. However, remember that it's harder for your child to follow rules when she's sick, tired and hungry or in an unfamiliar environment. In these situations you need to be proactive to help her do what's expected of her.

Parenting is one of the most challenging responsibilities in the world but with the possibility of giving you immense joy. There are no rules to being a good parent and no two kids are the same. The trick is in paying attention to who your child is and making the rules based on her personality. Remember to reward yourself too when you successfully achieve the milestones as your child grows. Have fun parenting! ■

WHAT'S YOUR RELATIONSHIP PERSONA?

IDENTIFYING WHAT TYPE OF COUPLE YOU ARE in a relationship will go a long way to MAKING YOUR UNION WORK.

BY ZIPHEZINHLE MSIMANGO



had a classic "gangsta love" relationship.

They each rocked a gold tooth and, despite having moved out of the township to the suburbs, they still spoke "tsotsitaal" (a township street slang) and had unconventional ways of making money. They were so interesting to watch, particularly because they were completely oblivious to what a rare occurrence their finding each other was.

once knew a couple who

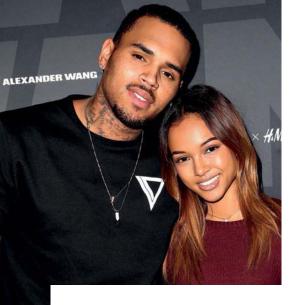
watch, particularly because they were completely oblivious to what a rare occurrence their finding each other was. However, they've since broken up and those who knew them would admit that it would be another rare occurance for them to ever find lovers who'd be such a perfect fit.

Queen Nkomo, a life coach with an interest in relationships, says: "Every relationship has a persona, which is a representation of the interaction cycles that the couple goes through, creating patterns of predictable behaviour. Simply put, a relationship persona is the character or shape that a union takes — that is the end result when the two parties come together."

She says at other times this persona, especially in the case of celebrities, is the public face the two parties choose to give their relationship. This is common in well-known figures who may actively decide what they want the public to "buy" from their union and what they stand for as a couple. Take a moment to figure out the personality of your relationship.

The mere mention of the words "boasting couple" immediately brings Kimye to mind. We love to hate them for their unashamedly boastful ways. They are all about show and tell. They had the best wedding money can buy and couldn't wait to share all the juicy details of their excess — from Kanye proposing with a huge diamond ring at a stadium, complete with the live orchestra, to Mrs West's custom-made Givenchy dress and her gigantic Lorraine Schwartz wedding ring.

Also, who could forget the wall of flowers that Kanye presented to Kim on Mother's Day in 2014? The gimmicks just never end with this type of couple. In everyday life you'll spot this type because they always post pictures of everything they do on Facebook or Instagram with the hashtags <code>#JUSTUS</code> or <code>#WIFEY</code>. They're also usually walking hand-in-hand at malls treating us to their public displays of affection. But beware, because these actions are sometimes diversion methods. Queen says: "They would rather have you focusing on the gimmicks and use this as a strategy of keeping you away from the real cracks. But such couples run the risk of never working on their challenges as they are so busy diverting attention that they tend to lose sight of their own reality."



BREAK UP TO MAKE UP: CHRIS BROWN AND KARRUECHE TRAN This couple is so burdened with issues from previous fights that they should actually just call things off for good. But usually they don't acknowledge it and keep going from break up to make up. They almost get addicted to all the drama.

R&B singer Chris Brown and his onagain-off-again beau Karrueche Tran have been at it for the past four years. In that time, he's insulted her on Twitter and briefly went back to his ex, Rihanna. After his Twitter insults, Chris bought Karrueche a huge diamond ring sparking off some serious engagement rumours. She stars as his love interest in the latest music video for his single Autumn Leaves. In their peaceful times, you'd swear they've never even had the drama. On her website www.straightfromtheheart. com relationship expert and author Sheri Meyers Gantman says: "Being a veteran of a break up, make up and, yes unfortunately, break up again scenario, I know firsthand about the magical thinking that can fog your ability to see the situation clearly. We may be telling ourselves that 'This time it will be different'; 'I now know that he is my great love, so we'll be able to get through anything' and 'I've changed and/or my partner has changed... now it will work."

Sheri says: "I have learned the hard way that no matter what your heart or head is telling you, it's critical to remain rational. Take it slow and keep your eyes wide open before jumping back in. I can assure you that the unresolved problems that caused the original break up will rise again once the hormones settle down and you each return to your comfort zone."

THE PERFECT PAIR: BEYONCÉ AND JAY Z

The Oxford Dictionary definition of perfect is "having all the required or desirable elements, qualities or characteristics; as good as it is possible to be." And this is what the perfect couple appear to be. Take Jay Z and Beyoncé, who look like the ultimate combination. They're both talented and powerful, even more so together than apart. Beyoncé even leveraged off her relationship through the Mrs Carter World Tour which, after making her \$229.7 million (about R3 billion), became the highest grossing tour of 2013.

We all know this couple in our own lives. They live in a beautiful house with

exquisite interior decorations. Their walls are adorned with the most beautiful portraits from the latest of their annual professional family photo shoot. They probably drive expensive cars and take their children to the most exclusive private schools. But like the Jay Z, Beyoncé and the fly kicking Solange elevator incident, nothing in life is ever perfect. Most times, perfection also equals pressure. "Society expect this couple not to have any fights or flaws and thus, this does not leave room for them to get support through their rough patches, which in turn leads them to suffer alone and in silence," says Queen.



TOXIC LOVERS: MEL B AND STEPHEN BELAFONTE

This type goes through normal relationship struggles but the difference is that in their disagreements, there's an aggressor who usually has the final word because they are physically abusive. Even though they've denied it, the former Spice Girl Mel B and her hubby Stephen Belafonte are rumoured to be in a physically abusive union. A New York <code>Daily News</code> website article reported how Mel B denied rumours that Belafonte had hit her after she had scratches and bruises on the final show of <code>XFactor UK</code>.

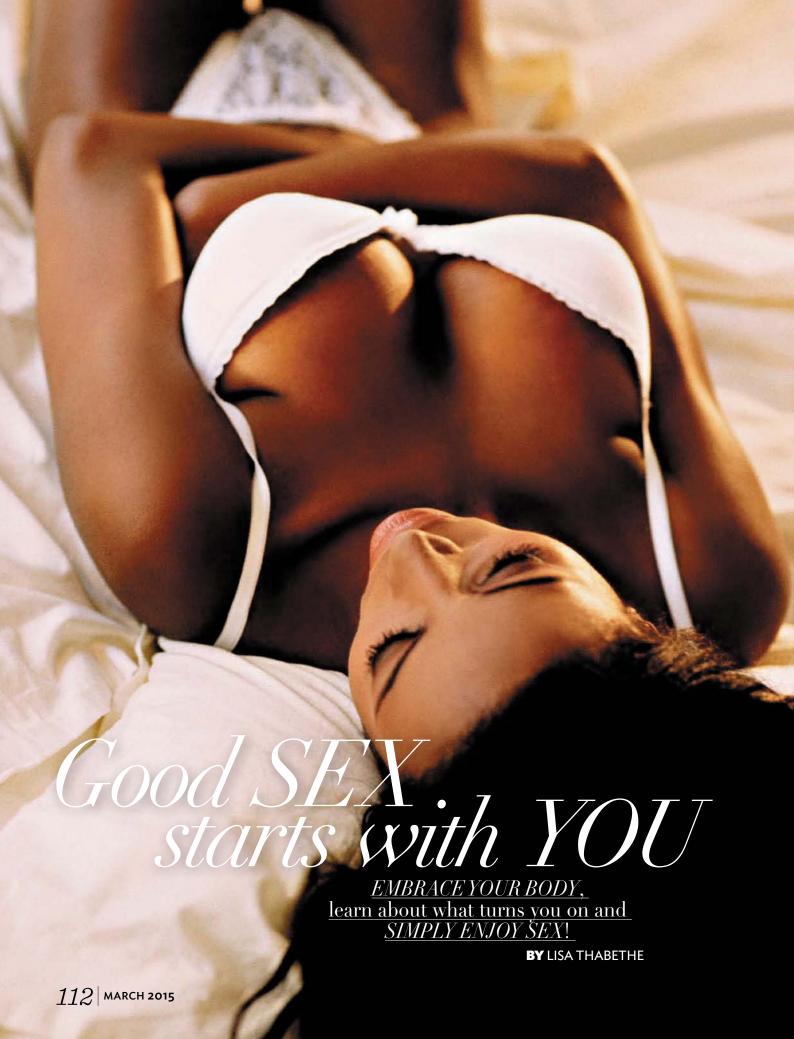
While the physical signs of abuse expose what's really happening in this type of relationship, often people around the couple are oblivious because the victim hides the abuse. When in this type of union, it's best to get help from organisations like People Opposing Women Abuse (POWA), which aim to end gender-based violence.

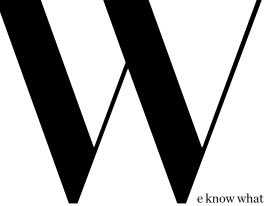
They say the best way to work with what you have is to understand it. So identifying the type of union you're in is empowering. Queen stresses: "If you know yourself and love the person you're with, you can face the unhealthy patterns together and choose



what you want your relationship to be about, and then make the changes required or with the help of a life or relationship coach or a counsellor."

Looking back at the gangsta couple I grew up admiring, combined with my dating experience over the past years, I now I know that there's nothing perfect in relationships, especially because there are always two people involved.





we want in the bedroom, and we want to enjoy sex as much as men do. To fully reap the benefits of pleasurable sex — whether alone or with a partner — we have to be actively involved in introducing creative ways of exploring our bodies and sexuality. Understanding our bodies and knowing what turns us on will greatly boost our confidence when engaging in sexual activities.

LOVE YOUR BODY

Sadly, some women are ashamed of their bodies, particularly their genitals. This is why some prefer to have sex in the dark or under the covers. However, learning about your body and understanding how each part functions will help you accept it as it is. There's nothing to be ashamed of. So, learn about your vulva and the function of each part. Also, know that your vulva is unique — as the shape and size of it differs from one woman to the next.

ENJOY IT!

Loving your genitals — the way they look, smell and feel — is an important part of being able to embrace your sexuality, as well as having a pleasurable sex with your partner.

Masturbation is a good place to start in learning about and enjoying your body. It's a harmless and safe act of sexual activity as long as you practise good hygiene. Women who masturbate become familiar with their bodies and know what feels good to them sexually, and so, relay that to their partners. Masturbation is also great for achieving an orgasm. You can also use sex toys like a vibrator to orgasm, or get your man to give you oral sex.

However, not having an orgasm does not mean you cannot have a fulfilling intercourse. Sex is all about intimacy and showing your partner how deeply you care for him. If you add the stress of reaching an orgasm each time you have sex, you are taking the fun out of the whole experience. Learn to relax and enjoy it.

STAY PROTECTED

For sex to be fun, it needs to be safe. Safety means preventing infections, unwanted pregnancies and pain of any kind. For protection against unwanted pregnancy, there is a wide range of contraceptives available on the market, including condoms.

Condoms offer protection both from unwanted pregnancy and sexually transmitted infections (STIs), including human immunodeficiency virus (HIV). Add variety to your sex life by using flavoured, scented, textured, vibrating and even glow-inthe-dark condoms to spice things up.

Other contraceptives, such as the pill, do not protect you from sexually transmitted infections. To protect yourself when engaging in oral sex with a woman, you can use a square piece of latex cut out of a condom or a piece of cling film to wrap around your tongue. If you are sharing sex toys like vibrators or dildos, always put a fresh condom each time you use it.

Speak to your doctor or visit your nearest local clinic for more information about protecting yourself against sexually transmitted infections. You can also refer to our health feature, *Take Care Down There* (February 2015).

BE OPEN WITH YOUR PARTNER

Always remember that a "no" is a "no". Consenting to one sexual act does not imply consent to all acts. If you, at any stage of the intercourse, want to stop, this must be respected or else what started out as fun can soon turn out to be a nightmare. Also, if you are uncomfortable engaging in any kind of sexual act with your partner, tell him. For example, some women love giving their men oral sex while others prefer not to. Do not let your partner force you to do things you are uncomfortable doing.

TRY NEW POSITIONS

When you try out new sexual positions, remember that if you feel pain or discomfort, stop and try a different style. Some women are more flexible than others.

There's a lot of material available to learn about sex — from books to videos, as well as online. Positions such as missionary style, reverse cowgirl and six-nine (69), as well as most sitting positions are easy enough to do. Once you are comfortable with these basic ones, you can move on to advanced (but pleasurable) positions such as the Kama Sutra styles, which require suppleness. ■

SPICE THINGS UP!

- ► Send your partner naughty sexy messages by SMS or leave handwritten notes in his underwear drawer or by his car keys.
- Suggest what you'd like him to do to you. Leave it to his imagination to fill in the blanks!
- ► Be playful. Use sex toys together and enjoy trying new ways of exploring your sexual activities such as dressing up in a seductive outfit or giving your partner a lap dance.
- Have sex in different rooms in your house such as in the kitchen; or have a quickie in the store room or garage.
- Arrange to take a long lunch and meet your man at home for a steamy midday sex session.

STAINSE OF THIS?

MORE THAN 700 MILLION WOMEN alive today were married as CHILDREN, neither physically nor emotionally ready to become WIVES AND MOTHERS.

BY LISA THABETHE

A baby girl is born. The family ululates on hearing the news as this will soon work in their favour. Not long after the birth, the baby's father enters into negotiations with an older man who'll wait eagerly for the girl child to grow. In a few years, she'll be his bride. In the meantime, the groom-in-waiting will take care of his future in-laws. This is the child bride phenomenon, one which is estimated to be robbing about 15 million underage girls of their youth and innocence every year.

Girlsnotbrides.org reports that in the developing world, one in nine girls is married before her 15th birthday, with some as young as eight or nine. When these young girls are married off, they are neither physically nor emotionally ready to become wives and mothers, and are at far greater risk of experiencing dangerous complications during pregnancy and childbirth.

They also become more susceptible to HIV/AIDS infection and domestic violence. With scant access to education, they are more likely to live in poverty their entire lives. Pakistani teen Zainub was married at age 10 and her husband was 14 at

the time. "My father forced me to get married. I was married early because we are very poor and my father needed money. As the oldest girl I was sold off," she's quoted as saying in an article that appeared on News.com.au in 2013.

She continues: "I was very innocent at the time, they pressured me into it so I accepted. But I was also very afraid because I did not know anything and definitely did not know the meaning of marriage. I have been very unhappy in this marriage. The only reason my husband's family married their son to me was because they needed a servant – that's all I was to them. It severely affected my health and nobody attended to me. My husband and father-in-law regularly beat me up.

"My husband wanted 'sex' from me – but I could not understand what this was, so he forced himself on me. And he beat me up for trying to refuse. I escaped from my in-laws, I called my mother to come here and take me back home because here I was abused, hit and they treated me badly in every way. I will never go back to my husband's house. But we are still



married – my in-laws refuse to give me a divorce until I pay back the dowry, which is too expensive for my family $[40\,000\,$ Pakistani rupees, about R4 600].

"Please tell my message to other young girls that they should never get married so early and should complete their education. This type of marriage at such an early age has a really bad effect on mind and body, and has led to mental health issues," she told News.com.au. According to Girls Not Brides, a global partnership of more than 400 civil society organisations from more than 60 countries working to address child marriage, this practice is common across the world. And South Africa is no exception.

Street vendor Vuyelwa was a child bride, kidnapped at the tender age of 14 during her menarche. Now 41, we speak to her from her roadside stall from which she sells loose cigarettes, fruit and vegetables for a living in Cape Town's Khayelitsha township. The stall is murky and empty boxes line the aged brown carpet covering the ground. This is a life she appreciates

and feels blessed to have after escaping her forced marriage. "I was never in a relationship with or knew the man I was forced to marry. I was 14. My husband had separated from his first wife when I was brought to his home by an elder who felt he was wealthy enough for my family to benefit from," she says.

No one ever asked her if she was prepared to marry this man or if she even loved him. It didn't matter, "as long as the deal was done and sealed," she says. Vuyelwa is clearly still traumatised by the abuse and rape she endured during her marriage. She provides a detailed account of how she was manipulated and betrayed by an elderly woman whom she knew from her village in the Eastern Cape. "The woman asked me to accompany her to town. While we were walking, three old men appeared from nowhere, covered my face with a cloth and carried me away. I didn't know where we were going and I cried before I gave in."

Later, the men let her walk. She realised they were walking up a hill, away from her homestead. The scared, helpless teen >

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fell repeatedly as she walked in the dark, her face covered. When they finally arrived at their destination, she was taken to an older woman's hut, where she stayed for three days. Unknown to Vuyelwa, the woman would become her mother-in-law. Two other brides took care of her. Negotiations with Vuyelwa's family were initiated and a goat was slaughtered to welcome her into her new family. She had still not met her future husband, who was 34, "When I finally met him after three days, I was terrified because he was so much older than me. Other women who lived in the homestead tried to reassure me and help me settle into my role as a young wife, but I felt I was too young for all that."

Vuyelwa says soon after the marriage, her husband forced himself on her. "He hit me and raped me if I refused to sleep with him. I fell pregnant and had a daughter. A year later, we had a son – children I conceived but didn't love." By her 21st birthday, she couldn't take it any more and her sisters encouraged her to run away. Eventually she plucked up the courage and left. "I had to go. I was 22 but I looked so thin. My confidence was also at its lowest level."

But not all families are motivated by financial gain. Often, parents and communities force a child into marriage due to the harsh socioeconomic circumstances surrounding them. A 33-year-old farmer's wife from the northern Indian state

WE MUST
CREATE AN
ENVIRONMENT
WHERE THIS
PRACTICE IS
INTOLERABLE.
PEOPLE CANNOT
SIMPLY SELL

"

THEIR CHILDREN

LIKE CATTLE.

of Haryana recently took her 15-year-old daughter out of school to marry her off to a 40-year-old man. "Where rape and sexual abuse have become so common, marrying off my daughter was a wise move. Who would've married her had she been abused or raped? Now, at least, her husband can look after her," she told a news website.

This kind of thinking highlights the importance of empowerment and organisations such as the International Centre for Research on Women (ICRW) are at the forefront of exposing the harms caused by child marriage, and identifying solutions to prevent it in order to empower both girls at risk of child marriage as well as those who are already married.

An ICRW study, titled More Power to Her: How Empowering Girls Can Help End Child Marriage, shows how and why investing in girls is critical to the global movement to end child marriage. Based on four case studies on programmes run by CARE (Ethiopia), BRAC (Bangladesh), Save the Children (Egypt) and Pathfinder International (India), the study found that girl-focused programmes expand their ability to make strategic life choices by providing them with access to critical resources.

The study also found that the information, skills and social support they receive in these programmes help instill transformation within girls, increasing their self-awareness,

self-efficacy and aspirations. These programmes also introduce girls to alternatives to marriage such as school and livelihood opportunities, and enhance their ability to influence key "gatekeepers" in their lives, such as their parents or community leaders.

According to Sonke Gender Justice's Mbuyiselo Botha, who is also the part-time commissioner of the Commission for Gender Equality, young girls who are coerced into marriage run a high risk of death due to complications during childbirth, exposure to HIV and other sexually transmitted illnesses, as well as suffering from lifelong depression and a loss of self-worth. Botha says the practice denies young girls their constitutional right to decide who they want to marry, and when. "This outdated practice goes against the fundamentals of our Constitution as it demonstrates a disregard for human dignity. He adds that parents and caregivers who enter into these 'negotiations' must be criminally charged. "We must create an environment where this practice is intolerable. People cannot simply sell their children like cattle."

According to Unicef, while the prevalence of child marriages has decreased slightly over the past three decades, rates of progress need to be scaled up dramatically simply to offset population growth in the countries where the practices are most common. Worldwide, more than 700 million women alive today were married as children. More than one in three (approximately 250 million) were married before 15. Girls who marry before they turn 18 are less likely to remain in school and more likely to experience domestic violence. Teenage girls are more likely to die due to complications during pregnancy and childbirth than women in their 20s; and their infants are more likely to be stillborn or die in the first month of life.

While data from 47 countries show that, overall, the average age at first marriage is gradually increasing, this improvement is limited primarily to girls of families with higher incomes. But without far more intensive and sustained action now



FACTS AND FIGURES

- ► One third of girls in the developing world are married before the age of 18 and one in nine are married before the age of 15.
- ► In 2010, 67 million women across the world had been married before the age of 18.
- ► If present trends continue over the next decade, 142 million girls will be married before they turn 18, an average of 14.2 million girls each year.
- While countries with the highest prevalence of child marriage are concentrated in western and sub-Saharan Africa, due to population size the largest number of child brides reside in south Asia.

POVERTY AND CHILD MARRIAGE

- Girls living in poor households are twice as likely to marry before 18 than girls in higher income households.
- More than half of the girls in Bangladesh, Mali, Mozambique and Niger are married before 18. In these countries, more than 75% of people live on less than \$2 (R23) a day.

EDUCATION AND CHILD MARRIAGE

- ► Girls with higher levels of education are less likely to marry as children. In Mozambique, about 60% of girls with no education are married by 18, compared with 10% of girls with secondary schooling and less than 1% of girls with higher education.
- Educating adolescent girls has been a critical factor in increasing the age of marriage in a number of developing countries, including Indonesia, Sri Lanka, Taiwan and Thailand.

HEALTH AND CHILD MARRIAGE

- ▶ Girls younger than 15 are five times more likely to die during childbirth than women in their 20s. Complications during pregnancy are among the leading causes of death for girls aged between 15 and 19 worldwide.
- ► Girls aged between 15 and 19 are more likely to contract HIV than boys of the same age in sub-Saharan Africa.

VIOLENCE AND CHILD MARRIAGE

- Girls who marry before 18 are more likely to experience domestic violence than their peers who marry later. A study conducted by the ICRW in two states in India found that girls who were married before 18 were twice as likely to report being beaten, slapped or threatened by their husbands than girls who married later.
- Child brides often show signs symptomatic of sexual abuse and posttraumatic stress, such as feelings of hopelessness, helplessness and severe depression.



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IMAGE Magdalena Björnsdotter



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Get your groove on and head out to Eikendal wine estate for its annual Weintaufe Harvest Celebration where you'll savour superb wines and good food with your family on 1 March 2015. Fun and entertainment will include live music, tractor rides through the vineyards and golfing action at the water's edge, while the little ones can play on the jumping castle and jungle gym and have their faces painted. Tickets are R40 at the gate or call the estate on 021 855 1422.

LIVING NEWS

Find DÉCOR IDEAS, TOP WINES and get creative in the THE KITCHEN.

BY AMANDA MKHIZE



SPOT YOUR VASE

Vases are a firm favourite on the interior-decorating scene, and you'll find at least a few to suit your personal style at leading retail shops. A decorative vase doesn't need to be filled with flowers, just find the perfect spot for it in your home. The crackle cut out bottle vases are available at Mr Price Home range from R180. Visit www.mrphome.com.



WINE OF THE MONTH

The Delheim Estate in Stellenbosch has recently introduced a new Chenin Blanc, the 2014, to the local wine scene. This newcomer is a step up from the easy drinking breed of chenins. It's a naturally fermented white with well-rounded ripeness, fresh acidity and complex flavours. The bottle retails at R105 and is available from the estate or at selected boutique wine shops. Call 021 888 4600 for more information.

GET CREATIVE WITH BEER

Beer, with its varied flavours and textures, makes an excellent ingredient when cooking. Celebrity chef and MasterChef judge, Pete Goffe-Wood, says beer is an excellent accompaniment to food. Make flavourful dishes by including it in your cooking or pair it with your favourite meal, such as serving a malt-flavoured beer with your chicken dish or pizza, or enjoying your burger with a hop. Go to www.angeladay.co.za for South African Breweries (SAB) and South African foodies' beer recipes.





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BY MAGDALENA BJÖRNSDOTTER



Magda found room for photos of horses. >



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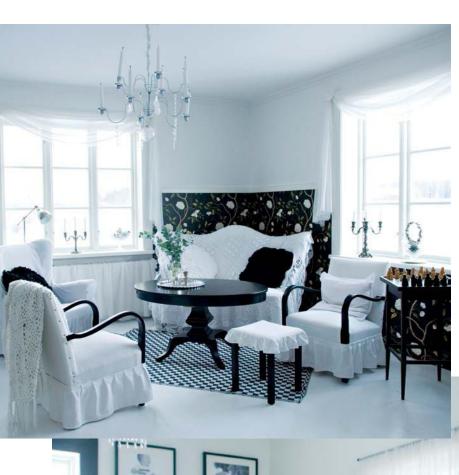


She furnished the kitchen with a rustic lamp and sink. The table and chairs are from the local flea market. When Magda and husband Erik moved into the house, they had different ideas about how long the renovation would take. He wanted to take his time and renovate gradually. Magda wanted everything to be finished before their baby was born. So Magda recruited her brother, Johan, to help with the renovation. "It was too expensive to hire someone so I learned to do a lot myself," says Magda. "I rolled up my sleeves and painted, papered, installed tile, puttied, screwed and drilled. My brother taught me a lot."

She recalls one night when Johan was painting the stairs to the bedrooms white. He tried to convince Magda, who was pregnant at the time, to sleep in the basement so that she could avoid the paint fumes. But she decided after all to sleep upstairs and had to enter the bedroom using a ladder outside the house because the paint on the stairs hadn't dried yet. At first it was a bit difficult for Erik's parents to see how their house was changing. They had been used to the traditional farmhouse styleso typical of the area. But gradually they came to accept Magda's dramatic take on decorating. The first thing Erik and Magda did after moving in was to replace all the windows with wooden ones resembling the original early 20th century windows. "It gave the house back its soul," says the 37 year old photographer. The rest was a labour of love and a matter of painting everything black or white. \blacksquare











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THE BLACKANESE is one of Joburg's trendiest joints, where AFROPOLITANS meet and converse over SUSHI and COCKTAILS.

BY TUMELO MUSHI-SEBOPA

PHOTOGRAPHS GRAEME WYLLIE

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he most talked about restaurant in Joburg's Maboneng Precinct, The Blackanese, recently opened its doors to TRUE LOVE. The sushi and wine bar is a true reflection of Asia meets Mzansi. Owner and head chef Vusi Kunene developed a love for sushi while working at other restaurants. When the opportunity came to open his own eatery in Maboneng, he didn't waste time and opened a one-of-a-kind establishment.

Vusi chose an urban township-chic look with an afrofusion feel. Décor elements include chopsticks on the wall and red and black bowls as light covers. Old barrels are used as tables with glass tops. The bamboo stick balcony has a distinct look, separating the formal dining area and the lounge. The bar's open plan counter top offers enough space for the patrons, chefs and cocktail mixologists to interact.

Sushiistheirspeciality, butyou'll also betreated to mouthwatering salads, prawn and fish braai, as well as weekly seafood specials. Vusi's favourite ingredient is the seven spices, which he uses in most of his signature dishes. We were enticed with rainbow vegetable sushi, California rolls,



biltong sushi and the must-have strawberry and kiri sushi, which can be ordered as dessert. Their prawn and angel fish braai is divine. Cocktail mixologist Mpho treated us to various cocktails served in glass jam jars. Though wine is also served, patrons can bring their own wines and be charged a corkage fee.

Open Tuesday to Sunday, the eatery also offers catering services to those who want to entertain the sushi way. Ask the manager on duty for further details or call 011 024 9455 or email info@theblackanese.co.za >

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SALMON AVO CHEESE ROLL

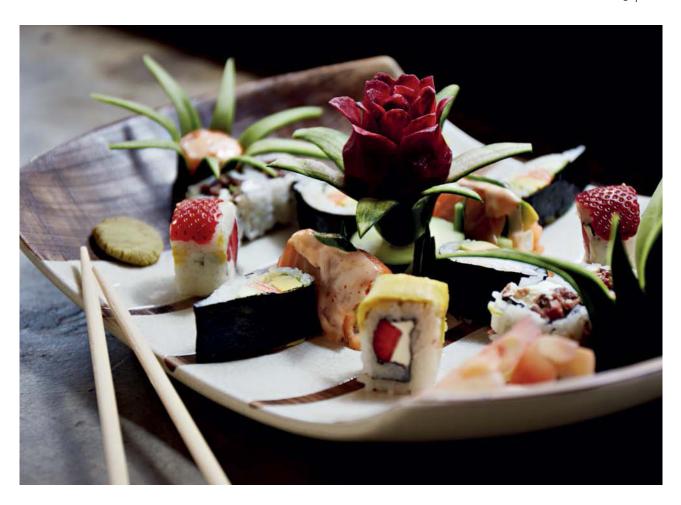
INGREDIENTS

- ► Salmon steak, thinly sliced
- Soft cheese
- ► Avocado, cut into thin long strips
- Mayonnaise
- ▶ Peri-peri sauce
- ► Soy sauce

METHOD

- **1.** On a clean surface, place cling wrap and place salmon on top, width facing you. Add cheese and avocado. Using wet hands, roll salmon, tucking ends in.
- 2. In a sauce bottle, mix mayonnaise and peri-peri sauce together and pour on top of the salmon, covering the cheese and cucumber on one side. Serve with soy sauce.







STRAWBERRY AND KIRI SUSHI

INGREDIENTS

- ▶ 120g prepared sushi rice
- ▶ 1 sheet of nori
- ► Kiri soft cheese
- ► Strawberries, cut into slices
- ▶ Pickled ginger
- ► Soy sauce

METHOD

- 1. Wet your hands and take an apple sized handful of prepared sushi rice. Spread the rice evenly along half a sheet of nori placed on a bamboo sheet. Place the nori on one side of the bamboo sheet, fold the other half of the bamboo sheet over the rice and flip the sushi upside down.
- 2. With the nori facing you and the rice facing the mat, spread a small amount of soft cheese in a line along the centre of the nori. Place strawberry slices on top. Start rolling the sushi by placing your thumbs over the side of the bamboo mat closest to you, and your fingers on the toppings to keep them in place. Roll the sushi over to cover the toppings and then continue to roll. Serve with pickled ginger and soy sauce. >

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SALMON SUSHI ROLL

INGREDIENTS

- ▶ 255g sushi rice, cooked
- ▶ 55ml mirin
- ▶ 340g salmon, thinly sliced
- ▶ 5 nori sheets
- ▶ 1 cucumber, cut into long strips
- ▶ 5 spring onions
- ► Carrot, cut into long strips
- ▶ Wasabi paste
- ▶ Pickled ginger
- ► Soy sauce

METHOD

1. Pour mirin over cooked rice and leave to cool at room temperature. Place

- nori sheet onto bamboo sushi mat and spread rice over three quarters of sheet. With wet hands, push the rice a little at a time to the edges, leaving a layer about ½cm thick.
- 2. Smear wasabi in a line a little off centre nearest to you. Follow with salmon layer, cucumber, spring onion and carrot. Roll out bamboo mat slowly, tucking in the closer end of sushi roll to start a roll and press slightly with both hands. Remove the roll from the mat and leave to sit with joining edges downwards.
- 3. Use a slightly moistened knife to trim ends, then cut into 6 to 8 pieces. Serve with pickled ginger and soya sauce.







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Make QUICK and EASY treats for kids using THREE INGREDIENTS plus their favourite ALL GOLD jam.

All Gold jam is crammed full of real fruit. It's the taste of fruit that makes sandwiches and baked treats taste simply delightful. Jam up your kids' meals to make them more exciting. The quality and versatility of jam means it can be used in everyday cooking and baking. It's made from only the finest fruit, ripened to perfection and preserved for your enjoyment, rendering it perfect for breakfast, teatime or as a treat for your kids.



You'll need: Ready made mini piecrusts, castor sugar, cream and Strawberry and Peach All Gold jam. Grease the muffin tray and sprinkle with castor sugar. Place piecrusts in the muffin tray and spoon equal amounts of jam into the centre of the piecrusts. Bake for 15 minutes. Top with whipped cream and serve.



JAMMY MILK LOLLIES

You'll need: 3/4 cups of vanilla yoghurt, 4 tbsp All Gold jam, ice cube tray or silicone/pospsicle moulds and popsicle sticks. Combine the yoghurt and jam. Pour mixture into ice cube tray or silicone/popsicle moulds. Add popsicle sticks and freeze for 2-3 hours or until hard.

JAM SWIRLED OATS

You'll need: All Gold jam (Strawberry or Super Fine Apricot), cooked Jungle Oats and milk. Mix Jungle Oats with milk and add 1-2 tablespoons of jam for a fruity flavour. Serve warm.





PEACH JAM TOMATO SALSA

You'll need: All Gold Peach jam, shredded chicken, lettuce, buns, cubed onion and tomato. Place lettuce and chicken on bun. Add onion and tomato and stir in 2 tablespoons of jam to make your salsa. Serve.

Just Jam it with All Gold promotion starts from 16 February to 30 April 2015 at selected Spar, PnP and Shoprite stores. Simply buy the promotional pack and SMS the unique code to stand a chance of winning your share of R1 million jamming prices (Samsung S5 mini, Beats by Dr Dre headphones, airtime and cash prices). On-pack stickers have 4 recipes for consumers to try at home. Website: www.allgold.co.za.

WWW.TRUELOVE.CO.ZA MARCH 2015 | 133

Meat-free NIGHTS

These healthy and delicious *HIGH-PROTEIN MEATLESS DISHES* will turn you into a vegetarian.

BY TUMELO MUSHI-SEBOPA

LEMON, PEA AND SPINACH COUSCOUS

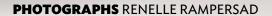
Serves: 4
Prep time: 35 minutes

INGREDIENTS

- ▶ 2 tbsp avocado oil
- ▶ 2 spring onions, chopped
- ▶ 1 lemongrass, chopped
- 150g mushrooms, chopped
- ► 1 bunch spinach, finely chopped
- 1/2 red pepper, finely chopped
- ▶ 1 cup couscous
- ▶ 1 cup vegetable stock
- 1 cup dry white wine
- 1 cup frozen peas, defrosted
- 1/4 cup grated Parmesan cheese

METHOD

- In a saucepan, add avocado oil, onion and lemongrass and sauté until onion is translucent.
- 2. Add spinach and mushrooms and sauté for 5 minutes until spinach is wilted. Bring stock and wine to boil and add to couscous, stirring until all liquid has been absorbed and grains have doubled in size and portion. Add spinach mixture, peas, red peppers and cheese and mix.
- **3.** Serve garnished with extra grated Parmesan cheese.



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Serves: 4

Preptime: 20 minutes

INGREDIENTS

- ▶ 3 tbsp olive oil
- ▶ 1 lemon rind and juice
- ▶ 1 tsp garlic, crushed
- ▶ 1 tsp mixed herbs
- ► 1 red pepper, thickly sliced
- ▶ 1 yellow pepper, thickly sliced
- ▶ 1 punnet mushrooms
- ▶ 250g broccoli, stem in
- ► Salt and pepper to taste
- 400g halloumi cheese, thickly sliced

METHOD

- In a large bowl, mix olive oil, lemon rind and juice together Add vegetables and sprinkle mixed herbs. Pour oil mixture on top and marinate.
- 2. Preheat a griller or griddle pan, place vegetables and grill on all sides for 5 to 10 minutes. Remove and set aside.
- Place cheese on griller and grill for about 2 minutes on each side. Mix with vegetables and serve.



Thé Original, Original Chutney

Ask any South African to name their top five favourite homegrown brands, and Mrs Ball's chutney will undoubtedly rank among them.



THE HISTORY

Mrs Balls is one of South Africa's most treasured food brands launched in 1871. The story begins in Fish Hoek, where Amelia Ball began making chutney using her mother's secret recipe, and her husband, Herbert Saddleton, sold it while working as a superintendent at the railway station.

The chutney was so popular the Ball family had to buy bigger premises in Woodstock, and in 1971 opened a factory in Diep River in order to keep up with the demand. In April 2013 Mrs Ball's joined the Tiger Brands stable of iconic South African brands.

3 BEAN SALAD



Mrs Ball's Chutney is enjoyed all over SA as well as in the UK, Australia, New Zealand and Germany.

N POPS UP WHE

MRSH.S.BALL'S ORIGINAL RECIPE CHUTNEY

OORSPRONKLIKE RESEP

BLATJANG

DID YOU KNOW

Table Mountain, the Kruger National Park and Mrs H.S. Ball's Chutney are all South African icons. Of these, Mrs H.S. Ball's Chutney is the only one that can be packed and be taken around the world to be enjoyed everyday with your favourite meals.

ORIGINAL Recipe

SINCE

THE MRS BALL'S RECIPE

Made with only the finest ingredients.



MAIN INGREDIENTS

Dried peaches and apricot!

PRODUCTS

Mrs Ball's Chutney is a blend of sweet and fruity – perfect for any meal. Available in Original, Peach, Chilli, Hot & Extra Hot.









OUICK AND EASY

Make beef, pork and chicken *DISHES*<u>INLESS THAN AN HOUR.</u>

BY TUMELO MUSHI-SEBOPA



PHOTOGRAPHS RENELLE RAMPERSAD

CHILLI CHICKEN STIR-FRY

Serves: 4

Prep time: 30 minutes

INGREDIENTS

- ▶ 3 tbsp avocado oil
- 4 chicken breast, cut into strips
- ▶ 1 red onion, sliced
- ▶ 1 tbsp garlic, crushed
- ▶ 1 tbsp ginger, minced
- > 2 chillies, chopped
- ½ red and yellow peppers, sliced
- ▶ 100g sweetcorn
- ▶ 100g fine beans
- ▶ 2 carrots, cut into matchsticks
- ► Sea salt and black pepper to taste
- ► Light thick soy sauce

METHOD

- 1. In a large skillet/wok, heat avocado oil and fry the chicken until slightly browned on all sides. Remove from heat and set aside.
- 2. In the same wok/skillet, sauté onion, garlic, ginger and chillies for 1 minute. Add all vegetables and stir-fry, for 10 minutes. Return chicken to wok/skillet and pour soy sauce, stirring until all flavours are combined. Serve with bread.

SPICY MINCE PITA

Serves: 4

Prep time: 30 minutes

INGREDIENTS

- ▶ 2 tbsp sunflower oil
- ▶ 1 onion, finely chopped
- ▶ 1 tbsp garlic, crushed
- ▶ 500g lean beef mince
- ▶ 3 tbsp medium curry powder
- ► 410g can tomatoes, chopped
- ▶ 2 tbsp tomato paste
- ▶ 1 tbsp sugar
- ▶ 3 tbsp hot chutney
- ► Salt and pepper to taste
- ► 410g can red kidney beans
- ▶ 4 pita pockets

METHOD

- Heat oil and sauté onions and garlic until translucent. Add mince and cook for about 10 minutes or until browned. Add curry powder and mix until all mince is coated.
- 2. Add tomatoes, paste and chutney and cook for a further 15 minutes. Season with salt and pepper. Add red kidney beans and heat through for about 5 minutes. Pour mince in open pita pockets and serve with coleslaw salad.









SUZUKI SPLASH

Fun and economical, the Suzuki Splash is mainly aimed at the youth market, although it will impress across the board. Standard features on the entry level 1.2 GA include a digital clock, air conditioning, key-operated central locking, cloth seats, 60/40 split rear seats, ABS and dual airbags. The top of the range GL impresses with a "sporty" rear spoiler, radio/CD player, auxiliary/USB inputs and audio controls as well as keyless entry, electric windows and a heated rear screen. A great buy in the highly competitive entry level segment.

FUEL: An incredible 5.6l/100kms

PRICE: From R124 900





FORD FUSION

The much-awaited Fusion will become serious competition for the Honda Sonata and VW Passat. If you like style and technology, you'll be impressed with the interior design, giving the cabin a real premium feel, while driver assist features like a lane departure warning, forward and reverse camera assist and great sound vibes make this a really cool car to own. Its highly effective Eco Boost system means great fuel returns without compromising performance and power. It's spacious and great to look at: overall a great family sedan.

FUEL: From 51/100kms
PRICE: From R349 000

FAB WHEELS

From SLEEK SEDANS TO NIFTY RIDES, take your pick.



After a few years of being pretty low profile, Mazda has made a huge noise in the car market with a number of new offerings like the Mazda 3, CX5 and the superb Mazda 6 – there's so much to love about this car. From its executive and sporty looks, to the bold and highly effective eco-friendly Skyactiv technology, you're sure to be impressed. The steering, suspension and safety

featues make this an enjoyable ride if you appreciate driving in the city and long country roads as it adapts easily to both. Standards include remote keyless entry, push button starts and 17-inch alloy wheels.

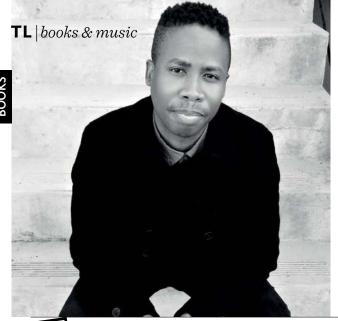
FUEL: 10.91/100kms **PRICE:** From R342 000





Simply Chicken Nothing else!





MASANDA NTSHANGE talks about his debut novel, *The Reactive*, and what he's reading right now.

I ventured into writing because of my love for reading.

My favourite lines in my book are the first line: "Ten years ago, I helped a handful of men take my little brother's life", and the last: "This is your older brother, Lindanathi, and I'm ready to react for us."

I don't have a book I wish I'd written but I remember thinking something similar regarding An Obedient Father by Akhil Sharma.

During a fire I'd grab the closest book at hand. Right now, it's from my night stand, Ralph Ellison: A Biography by Arnold Rampersad.

It's hard to say whether South Africans read enough or not. But there's been a noticeable rise in local publishing over the past few years and I feel it's okay that we draw some encouragement from it.



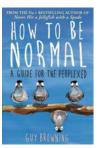
meltdown". Regarded as a leading intellectual, his voice is piercingly analytical as he analyses why the ANC has lost support over the last 20 years due to disillusionment and distrust. *Rating:* 4/5



MEMOIR
VIVIENNE
WESTWOOD,
by Ian Kelly (Pan
McMillan) R215
The amazing life
of British fashion
designer and global
activist Dame

Vivienne Westwood is beautifully told and illustrated in this memoir. It holds fascinating details of the events, creative genius and people who have shaped her extraordinary life.

Rating: 5/5



HUMOUR
HOW TO BE
NORMAL by Guy
Browning (Atlantic
Books) R118
This lighthearted,
easy-to-read
handbook by writer
and humorist Guy

Browning makes fun out of the idea that anyone on this planet can actually be regarded as "normal". It reminds us that all of us are wonderfully unique. A a great book to read or give as a gift. *Rating:* 4/5



WU TANG CLAN

A BETTER TOMORROW
Wu Tang stay true to their
classic 90s sound. Stand out
members like Method Man, Ghostface Killah and Raekwon carry the
album, especially on major tracks
like Miracle and A Better Tomorrow.
Rating: 3/5 – Brian Mahlaba



JOYOUS CELEBRATION 18

ONE PURPOSE

This is a must-have collection with a fresh sound despite the fact that Joyous have been around for more than a decade.
Old favourites include Total Praise.
Rating: 4/5 - Zamahlasela Gabela



K.O

SKHANDA REPUBLIC
Besides well-known hits like *Caracara* and *Son of a Gun*, every track on this album is worth a listen. K.O will find it hard to top the success of this album, but he seems like the type of artist who can stand up to the challenge.

Rating: 4/5 – Ziphezinhle Msimango



ED SHEERAN

Κ

This pop folk singer has won many hearts with his honest lyrics. Sing and Don't have gained worldwide success, but it is Thinking Out Loud that will make you fall deep in love.

Rating: 4/5 – Abigail Javier



Black Cat peanut butter in smooth and crunchy variants contain 91.3% peanuts. Also available in "No Sugar and No Salt" variants, which contains a whopping 99% peanuts.

Why is this important? Because peanuts are the richest source of protein. Just one peanut butter sandwich provides almost half of the recommended daily allowance (RDA) of protein for kids. This means it helps muscles and bones grow stronger. Peanut butter is naturally cholesterol free. Black Cat peanut butter is not only delicious, it's also good for you.



That's the BLACK CAT PEANUT BUTTER promise to you.

THE HISTORY

Black Cat is a truly South African brand. Tiger Brands became the home of Black Cat since 1926 when it was bought from Alderton Ltd. Only the finest peanuts are used in the manufacturing of Black Cat, so it's no wonder it became an instant success.

THE BEST FROM THE BEGINNING

Black Cat works closely with farmers in the Northern Cape region to ensure ground nuts of the highest quality are grown for its peanut butter.





INTERESTING FACTS



SOURCE OF FIBRE, WHICH AIDS THE DIGESTIVE SYSTEM :



GOOD SOURCE OF TASTY PROTEIN FOR KIDS



TO A COLOR

GREAT HEALTH SNACK THAT'S NATURALLY LOWIN CHOLESTEROL

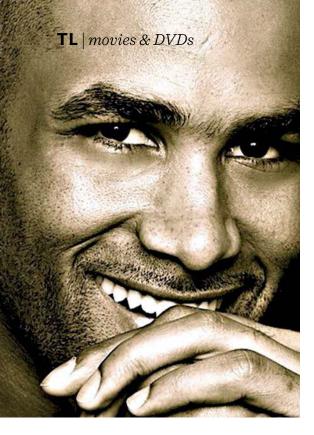


CONVENIENT, VERSATILE, AND BUILDS HEALTHY BODIES



www.blackcat.co.za

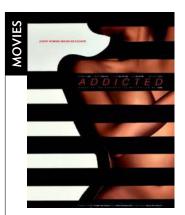
MAGE Dreamstime



Actor and former model BORIS KODJOE stars in the new erotic thriller *Addicted*.

Boris was born in Vienna and grew up in Freiburg, Germany. His full name is Boris Frederic Cecil Tey-Natey Ofuatey Kodjoe. He's fluent in German, French and Spanish. Here are more facts about him:

- He planned on becoming a professional tennis player, until he suffered a serious back injury.
- ► His mother, Ursula, comes from Germany and his father, Eric, hails from Ghana.
- ► The sexy actor was a highly successful model working for big brands like Gap and Ralph Lauren.
- ► He met his wife, Nicole Ari Parker, on the set of Soul Food and they went on to star in the movie Brown Sugar together.
- ► He watched his sexy love scenes in *Addicted* with his wife sitting right next to him.



ADDICTED

A successful businesswoman Zoe Reynard (Sharon Leal) seems to have a charmed life. She has a loving husband (Boris Kodjoe), two beautiful children and a thriving career. However, Zoe is secretly tormented by nymphomania. Her need for constant sexual gratification leads her into a secret double existence – one that ultimately puts her family, career and life on the line.

Distributor: Nu Metro **Release date:** 20 February



HEAR ME MOVE

This local dance movie features energetic "sbujwa" and "pantsula" dance sequences, choreographed by the award-winning Paul Modjadji. The story is set against the backdrop of a gritty urban Johannesburg. Featuring a host of South African talent, including S'thandiwe Kgoroge, Lillian Dube, Alfred Ntombela, Khanyi Mbau, Lorcia Cooper, Boity Thulo, Thembi Seete and Amanda Du Pont, this movie is well worth watching.

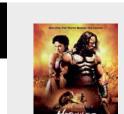
Distributor: SKE Independent **Release date:** 27 February



<u>THE THEORY OF</u> EVERYTHING

Winner of the Best Actor Golden Globe for his role, Eddie Redmayne plays future physicist Stephen Hawking, who falls in love with fellow student Jane Wilde (Felicity Jones). At 21, Hawking learns that he has motor neuron disease. Despite this, he begins an ambitious study of time. He and Jane defy odds and break new ground in the fields of medicine and science.

Distributor: UIP **Release date:** 27 February



HERCULES

Hercules, played by Dwayne Johnson, helps a conniving Lord Cotys (John Hurt) to liberate his people from a bunch of villains led by Rhesus. It turns out Lord Cotys is actually the baddie who's using Rhesus as a ruse to take more land for himself and King Eurystheus (Joseph Fiennes). The movie is

full of action and nothing else.



INTO THE STORM

Silverton is hit with an onslaught of tornadoes in one day, which brings the entire community to its knees and at the mercy of these cyclones. Storm trackers and thrillseekers do everything they can to get that once-in-a-lifetime shot by following the storm. But as they chase the

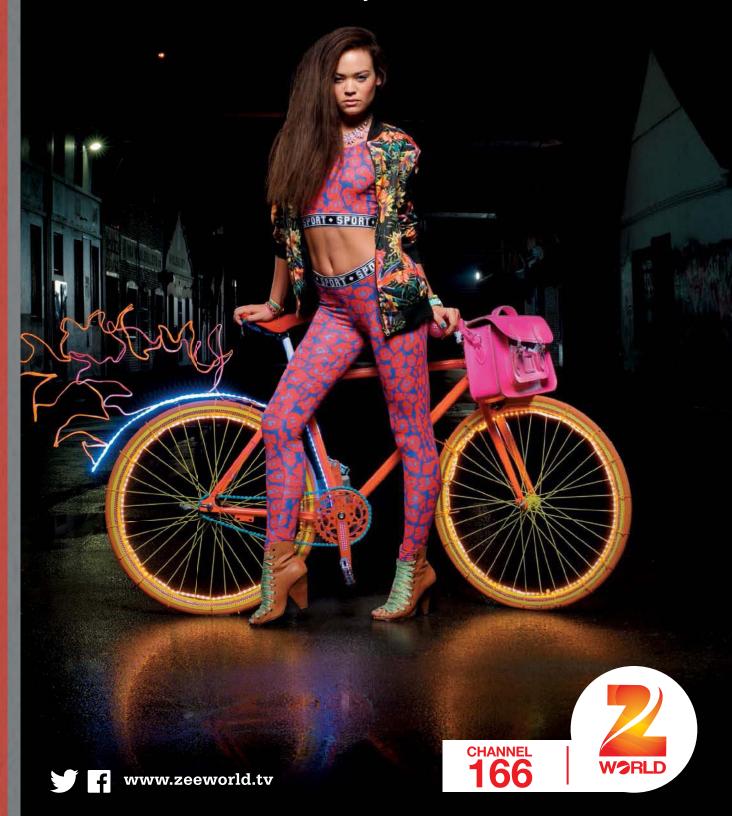
tornadoes, lives are lost and friendships are forged.

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Extra Ordinary. Every day.



ZEE WORLD Welcome to an extra ordinary world.





Generations (SABC1)

Monday to Friday, 8pm

Tau is visited by someone in his bed, while Mazwi is mesmerised by another woman. Simphiwe is manipulated by Smanga in order to get information. Amira is left shaking in her shoes by an unsuspected visitor. Namhla comes up with a way to spend more time with her love interest. Meanwhile, Cosmo makes things worse while trying to help his sister, Kagiso's public proposal horrifies Lucy, and Gadaffi takes a woman out for dinner.



Scandal (e.tv) Monday to Friday, 7.30pm

Layla gets what she wants but at a price she doesn't like. Kitso and Ndumiso find themselves in a potentially compromising position. Quinton's life is made difficult when Gloria makes demands. Lindiwe continues to disrespect her family and history. Gloria overhears something she may be able to use to her advantage. Layla's broken heart leads her to betray someone. Anzani is happy to be back at work. Kitso gets an offer but it comes with serious consequences.



Muvhango SABC2) Monday to Friday,

Malume Themba and MaNkosi realise their worst nightmare. Busi has her man eating from the palm of her hand. VhoMasindi is welcomed back into the family. Vusi and Sthe see a shocking video of Busi, Malume Themba's decision leads to a fight between Thuli and Thandaza. More people find out about Busi's sex saga. Azwindini is betrayed by two of his closest allies. James loses it and attacks someone.

TO ASHES

The muchanticipated telenovela is based on the Namane family, who run a funeral business. Things heat up when an unexpected family member makes their way into the family's lives. Secrets are uncovered and the situation turns tizzy. It stars renowned actor Patrick Shai and promises to be a much talked about affair. Starts: 2 March 2015, 8pm on e.tv.

Rhythm City (e.tv) Monday to Friday, 6.30pm

Bulelwa realises that the ring Toolkit gave her actually belongs to Fats. Reneilwe starts her job at Kilowatt and bumps into Sifiso. Mamokete and Kop deliver bad news to a happy Bulelwa and Fats. Doc screws Zolani over on the casino deal and David gets in on the action. Niki discovers bad news about Busisiwe and now has to look after the baby after Suffo fires the nanny.





Isidingo (SABC3) Monday to Friday, 7pm

Ben's anger at Charlie's allegations cause her to seek help from Priya. Nikiwe and Barker compete for Bradley. Lerato's house is flooded and she has to find new accommodation. Bradley decides to investigate Lincoln Sibeko on his own. Ben is at it again, sowing seeds of doubt across the Deep. Sizwe seeks justice from the Sibeko's after his co-worker gets injured. Will Eddie be able to betray Priya? Sechaba is jealous when Lerato goes for a date.

Protection you can trust

Keeping your little one's feeding equipment and environment clean is essential for his health, safety and wellbeing. Whilst you may be able to fight off infection, your baby's immune system is still very immature in his first year. Hence, regular disinfecting is an essential part of your child care routine. Bottles, teats, feeding utensils, toys and nursery surfaces can carry and spread germs which can result in tummy upsets, diarrhoea and an unhappy baby. These germs or bacteria can be spread by tap water, milk residue in a bottle or unwashed hands that come into contact with your little one's environment. You can reduce the spread of germs by either washing these items in soap and water, rinsing thoroughly. However, cleaning removes dirt, but does not always kill germs.











KELEBOGILE

ZARINA PATEL

MAPS MAPONYANE AND MS SHALLY

SHASHI NAIDOO



* Pisces

 $(19 \, Feb - 20 \, Mar)$

Make this birthday month about you. Aim for your highest goals and don't be deterred by doomsayers. Be bold and brave. Keep a food diary and aim to be as healthy and fit as you can be.

Love: Showing your emotions makes you feel vulnerable. Listen carefully to what is being said after mid-month. You'll also benefit from some indulgence.

Work/money: Your ideas get some traction from the 13th. Get the boss to pay attention. Prove yourself and show your dedication.

BY ANGELIQUE SALA

Aries $(21 \, Mar - 19 \, Apr)$ Trailblazing is one thing but moving so fast that you are becoming a blur is quite another. Stick to the speed limit and avoid causing trouble, if possible.

Love: Have fun, even though affairs of the heart seem like a bit of a mystery.

Work/money: Put all your energy into doing the work required – don't take shortcuts. Place your ego-drive on ice.

Taurus (20 Apr – 20 May)
Sometimes being right is less important than the realisation that there is a different world order.

Love: From mid-month you are ready to open up to love. Sensuality takes you into a pleasurable place, don't deny yourself playtime.

Work/money: Ensure that opportunities and projections align with your career and financial aspirations.

Change aspects of yourself as you go after your goals. Engage and be energised by others. Be open to learning. **Love:** Ignite fabulous fireworks in your relationship. Bring love to your corner by mid-month.

Work/money: Go with your gut as you move through office politics. Sense the undercurrents and choose your battles, sometimes staying neutral is best.

Cancer (21 June – 22 July)
Casual encounters need to be

turned into opportunities. Put travel plans into motion, but budget wisely.

Love: Use your energy to make passionate love. Aspire to put fantasy and poetry into your relationship.

Work/money: Putting all your energy into your career can be frustrating when things progress slower than planned. Keep to deadlines and have a plan.

Leo (23 July - 22 Aug)Focus on the day-to-day agenda

without overthinking how everything will turn out. Brainstorm and sort out issues as they arise.

Love: It's time to get serious. Think about what you want, what's working and what isn't working.

Work/money: Keep your finances organised. A strategic action or word puts you in the limelight.

Virgo $(23 \, Aug - 22 \, Sept)$ Be open to new ideas and aspirations. Figure out what really excites you and follow your heart.

Love: Passion and spontaneity add a delightful dimension to your love life. If single take a risk.

Work/money: Finances improve towards the end of the month. Visualisation and positive negotiation skills will carry you all the way.

Libra (23 Sept – 22 Oct)
You have strong choices and you

You have strong choices and you are not afraid to verbalise them. Maintain a sense of diplomacy, you don't want to go into battle unnecessarily.

Love: Passion and the thrill of a new love keep you on your toes. Work at injecting more romance in your relationship.

Work/money: Something changes in your thinking, let the creativity flow and seek support.

You feel the vibe building, tap into the sense of optimism and don't let the ordinary steer you from your extraordinary dreams.

Love: By mid-month you may be ready to negotiate and let the love in.

Work/money: Invest in your future, even if it means having less now.

Sagittarius (22 Nov - 21 Dec)

Timing is everything, make sure the vibe is right before launching new ideas. Results take time - be patient.

Love: Cupid is aiming right at you, feel the fire sizzle. If single, go out there and factor in some playtime.

Work/money: Be flexible this year. There'll be times when you want to resist, go with the flow. If something isn't working for you – change it.

Capricorn (22 Dec – 19 Jan) Find the adventurous spark and go with it. Not everything has to have a plan. During the month, creative ideas come thick and fast.

Love: The love planet wants to shower you with beautiful things. Work with it and lap up what's on offer.

Work/money: Make your goals a priority this month, you can achieve so much if you are systematic.

Aquarius (20 Jan – 18 Feb)
Being on your own has put you in a powerful place. You may not have the usual support, but you manage well. **Love:** An attractive mind adds to the magnetism. If love doesn't feel right.

magnetism. If love doesn't feel right, enjoy the friendship.

Work/money: Chat your way to the head of

the boardroom table. You are swinging from one idea to the next. Keep emotions out of finances and make definite decisions.





A CREATIVE MIND

MD of Ogilvy & Mather Johannesburg, ALISTAIR MOKOENA, tells us about his secret to success.

BY ZAMAHLASELA GABELA

I grew up in Ga-Rankuwa, a township north of Pretoria. My dad, Johnny "Magwegwe" Mokoena, was one of the key formation members of Kaizer Chiefs. After he hung up his soccer boots, he got into business. My mom started off as a nurse and later became an academic and author. So the first career aspiration that my older brother and I had was to follow in our dad's footsteps and be soccer stars. Like most parents would, he encouraged us to first get university degrees before pursuing careers in football. Dad was always kind and generous. As a kid, I hated having to share everything, including

a toothbrush, with unexpected overnight guests. But looking back, I realise that there's enough for all of us in this world. It's in giving that we receive.

I was a big fan of the TV series *LA Law* when I was growing up and that got me interested in becoming a lawyer. When I completed matric, I decided to marry the two aspirations by studying towards a BCom LLB at Rhodes University. After completion, I had a choice to either do my articles in Joburg or join Unilever as a marketing trainee. I picked the latter and the rest is history.

My current role as MD of Ogilvy & Mather Joburg is about co-ordinating all the key pieces that result in value creation for our staff, clients and shareholders. These pieces include inspirational leadership, creative excellence, operational excellence, client service excellence and financial excellence. In this industry we are all brought together by our love for creativity and its impact in the world. You have to care about creating great experiences that result in great memories.

The biggest highlight of my career was the moment I realised my life's purpose, which is to make the world a better place by touching lives through everything that I do and every word that I utter. This has brought meaning into what I do; it's helped me select the right jobs and the right organisations for me. The result is alignment between my purpose, my capabilities and my passions. That has been the secret to my success. Life is about choices and trade-offs.

Self-mastery is a full-time job. It's about giving my best, showing up, being present, protecting my values and staying true to my purpose. Managing the world around me involves creating value for our employees, shareholders and clients. Anything that gets in the way is a challenge that must be resolved.

To succeed in business you need to care about constantly investing in your intelligence quotient (IQ) and emotional quotient (EQ). In other words the "what" and the "how" are equally important. The "what" refers to competencies such as being an operator, a strategist, a leader and a visionary. The "how" refers to self-mastery.

I'm a husband and father of two. I love my family life and what I do for a living. I want to grow and achieve great success both at personal and professional levels. My belief is that if I focus on being and doing good, great opportunities will follow. One of my favourite quotes is: "When the student is ready, the teacher appears."



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